

RECREATION CONNECTION

LBParks.org



SUMMER DAY CAMPS

Online registration going on now
Ages 5-12 • M-F, 9 a.m.-4 p.m. • June 17-August 23
 Extended hours are available for an additional fee.
 Field trips are an additional cost.

Aquatics Day Camps

Belmont Junior Beach Camp Ages 5-7 • \$158
 Bayshore Beach Camp Ages 8-12 • \$158
 Bay Club Teen Camp Ages 13-15 • \$123
 Counselor In Training Camp Ages 14-17 • \$310
 562.570.1888

High Five Sports Camp

Pan American 562.570.1660

Pee Wee Camp

Ages 5-8
 Wardlow 562.570.1705

Park Day Camp

El Dorado West 562.570.3225
 Silverado 562.570.1675
 Stearns Champions Creative
 Arts Camp 562-570.1685
 Veterans 562.570.1695

Music and Arts Camp

Whaley Park 562.570.1710
 online registration strongly
 recommended

Visit: www.lbparks.org
 for fees and registration

★ ★ ★ ★ LONG BEACH ★ ★ ★ ★ MUNICIPAL BAND

2019 SEASON

**CELEBRATING 110 YEARS
 OF FREE CONCERT MUSIC!**

CONCERTS IN THE PARK

June through August
All Concerts begin at 6:30 p.m.

For concert details please visit
<https://bit.ly/2undk9s>

Long Beach Municipal Band sponsors



... LONG BEACH PARKS, RECREATION AND MARINE ...

Free **Be S.A.F.E.**

"Summer Activities in a Friendly Environment"

Classes • Sports • Fitness • Crafts & More

➡ **MONDAY-FRIDAY • 5-8 P.M.** ◀

June 17 – August 23

at the following sites:

Admiral Kidd Park – 570-1600
 Bixby Park – 570-1601
 Drake Park – 570-1625
 Martin Luther King, Jr. Park –
 570-4405
 Orizaba Park – 570-1427

Pan American Park – 570-1660
 Ramona Park – 570-1665
 Scherer Park – 570-1674
 Seaside Park – 570-1695
 Silverado Park – 570-1675



For more programs and activities
Visit LongBeach.gov/park



Parks, Recreation and Marine thanks the following people for their support:

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Long Beach Parks, Recreation and Marine prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs.

CITY OF LONG BEACH

Department of Parks, Recreation & Marine

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web: www.LBParks.org



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About the cover: Find free and low cost recreation programs for youth and families throughout this issue. Celebrating 1000 Days of Summer with the Long Beach Convention and Visitor's Bureau, 2019 is the 10th year of "100 Days of Summer" Visit www.100daysofsummer.org in May to find fun in Long Beach this summer.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

All Programs and Prices Are Subject To Change

To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.
“ដើម្បីមើលសៀវភៅនេះ ក្នុងភាសាស្បែកខ្មែរ ឬភាសាហ្វីលីពីន, សូមទូលដ្ឋានទៅកាន់ www.lbparks.org”
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org.”

To opt out of receiving this “Recreation Connection” publication, please e-mail your name and mailing address to: lbparks@longbeach.gov. Visit www.lbparks.org to access the publication.

**Long Beach Parks
are Smoke Free**



PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

COOKING

LIL' SPROUTS PRE-SCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: \$32. *Δ8No class 6/8.

| A Yummy Future | | El Dorado Park West | |
|----------------|---------|---------------------|-----------------------|
| 32007 | 2-6 Yrs | 6/1-6/22* | 11-11:45 a.m. Sa \$80 |
| 32008 | 2-6 Yrs | 7/6-7/27 | 11-11:45 a.m. Sa \$80 |
| 32009 | 2-6 Yrs | 8/3-8/24 | 11-11:45 a.m. Sa \$80 |

DANCE

HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. Class held at Marina Community Center, 151 Marina Dr., Seal Beach or Recreation Park. *No class: 7/4.

| Anne Pennypacker | | Marina Community Center | |
|------------------|-------------------|-------------------------|---------------------|
| 32615 | 2 Yrs 6 Mos-5 Yrs | 6/20-7/25* | 9-9:30 a.m. Th \$67 |
| Anne Pennypacker | | Recreation Park | |
| 32616 | 2 Yrs 6 Mos-5 Yrs | 6/11-7/9 | 5-5:30 p.m. Tu \$67 |

MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 7/4.

| Anne Pennypacker | | Marina Community Center | |
|------------------|-------------------|-------------------------|---------------------|
| 32617 | 2 Yrs 6 Mos-5 Yrs | 6/20-7/25* | 5-5:30 p.m. Th \$67 |

PETIT BALLET



Join in a magical adventure into the world of ballet: pliés, sautés, chassés and more. Little ballerines will be fairy tale dancers as they learn the importance of pointing their toes! Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos or Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 7/2 & 7/3.

| Anne Pennypacker | | Los Alamitos Community Center | |
|------------------|-------------------|-------------------------------|---------------------|
| 32618 | 2 Yrs 6 Mos-5 Yrs | 6/10-7/8 | 6-6:30 p.m. M \$67 |
| Anne Pennypacker | | Marina Community Center | |
| 32619 | 2 Yrs 6 Mos-5 Yrs | 6/18-7/23* | 9-9:30 a.m. Tu \$67 |
| 32620 | 2 Yrs 6 Mos-5 Yrs | 6/19-7/24* | 4:30-5 p.m. W \$67 |

PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: www.evelyngrauten.com.

| Evelyn Grauten | | Recreation Park | |
|----------------|---------|-----------------|---------------------------|
| 32161 | 3-6 Yrs | 6/14-7/5 | 11:15 a.m.-12 p.m. F \$48 |
| 32162 | 3-6 Yrs | 7/12-8/2 | 11:15 a.m.-12 p.m. F \$48 |
| 32163 | 3-6 Yrs | 8/16-8/30 | 11:15 a.m.-12 p.m. F \$36 |

ENRICHMENT

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: www.bamboleokids.com. Material fee: \$30 (\$15 per sibling) includes crafts, digital/printable book and digital music.

| Priscilla Monserrate-Sanders | | Heartwell Park | |
|------------------------------|---------|----------------|--------------------------|
| 32221 | 2-4 Yrs | 6/15-7/20 | 9:15-10:15 a.m. Sa \$80 |
| 32222 | 2-4 Yrs | 6/15-7/20 | 10:30-11:30 a.m. Sa \$80 |
| Susana Paniagua | | Heartwell Park | |
| 32223 | 2-4 Yrs | 7/27-8/31 | 9:15-10:15 a.m. Sa \$80 |
| 32224 | 2-4 Yrs | 7/27-8/31 | 10:30-11:30 a.m. Sa \$80 |
| Susana Paniagua | | Cherry Park | |
| 32225 | 2-4 Yrs | 7/9-8/13 | 10:15-11:15 a.m. Tu \$80 |
| 32226 | 2-4 Yrs | 7/11-8/15 | 10:15-11:15 a.m. Th \$80 |

AMIGOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. For more information please visit: www.bamboleokids.com. Material fee: \$30 (\$15 per sibling) includes crafts, digital/printable book and digital music.

| Priscilla Monserrate-Sanders | | Heartwell Park | |
|------------------------------|---------|----------------|-------------------------------|
| 32220 | 4-6 Yrs | 6/15-7/20 | 11:45 a.m.-12:45 p.m. Sa \$80 |
| Susana Paniagua | | Heartwell Park | |
| 32227 | 4-6 Yrs | 7/27-8/31 | 11:45 a.m.-12:45 p.m. Sa \$80 |
| Susana Paniagua | | Cherry Park | |
| 32228 | 4-6 Yrs | 7/9-8/13 | 11:30 a.m.-12:30 p.m. Tu \$80 |
| 32229 | 4-6 Yrs | 7/11-8/15 | 11:30 a.m.-12:30 p.m. Th \$80 |

FUN ON THE FARM

Discover the world of farm animals through song, crafts, stories and fun! Ride a horse each week! Parent participation required. No unregistered siblings. Wear riding boots, jeans and riding helmet. No open toed shoes for guests. Material fee: \$30 due to the instructor at start of class. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

| Fun With Horses | | El Rodeo Stables | |
|-----------------|---------|------------------|-------------------|
| 32070 | 2-6 Yrs | 6/8-6/29 | 12-1 p.m. Sa \$85 |
| 32071 | 2-6 Yrs | 7/13-8/3 | 12-1 p.m. Sa \$85 |
| 32072 | 2-6 Yrs | 8/10-8/31 | 12-1 p.m. Sa \$85 |

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited. *No class: 7/4.

| Readwrite Educational Solution Inc. | | Bixby Knolls Park | |
|-------------------------------------|---------------|-------------------|-----------------------------------|
| 32584 | 2-3 Yrs 6 Mos | 6/4-6/27 | 8:45-10:15 a.m. Tu Th \$145 |
| 32586 | 2-3 Yrs 6 Mos | 6/4-6/27 | 10:30 a.m.-12:00 p.m. Tu Th \$145 |
| 32585 | 2-3 Yrs 6 Mos | 7/2-7/30* | 8:45-10:15 a.m. Tu Th \$145 |
| 32587 | 2-3 Yrs 6 Mos | 7/2-7/30* | 10:30 a.m.-12:00 p.m. Tu Th \$145 |

READING, MATH AND MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: (949)263-0633. Program and material fee: \$20.

[Readwrite Educational Solution Inc.](#)

[LB Community Resource Center](#)

| | | | | | |
|-------|-------------------|-----------|----------------|-----|------|
| 32597 | 3 Yrs 6 Mos-5 Yrs | 6/24-7/17 | 2:40-3:25 p.m. | M W | \$79 |
| 32598 | 3 Yrs 6 Mos-5 Yrs | 7/24-8/19 | 2:40-3:25 p.m. | M W | \$79 |

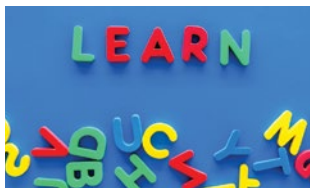
READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This program incorporates letter and number recognition, phonics for reading and spelling, math, science, and fine motor skills for writing. We reinforce a positive self-image with engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40.

[Readwrite Educational Solution Inc.](#)

[Bixby Knolls Park](#)

| | | | | | |
|-------|-------------------------|----------|----------------|-------|-------|
| 32599 | 3 Yrs 6 Mos-5 Yrs 6 Mos | 6/3-6/28 | 9 a.m.-12 p.m. | M W F | \$215 |
| 32600 | 3 Yrs 6 Mos-5 Yrs 6 Mos | 7/1-7/26 | 9 a.m.-12 p.m. | M W F | \$215 |



MUSIC

KIDS LOVE MUSIC: BABIES!

You and your baby (4-14 months old, not walking yet) learn lap songs, peek-a-booo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory and cognitive development. Please bring a baby blanket. Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](#). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos.

[Karen Greeno](#)

[Cerritos Park East](#)

| | | | | | |
|-------|-------------------|-----------|-------------|---|------|
| 31999 | 4 Mos-1 Yrs 2 Mos | 6/17-7/15 | 3:30-4 p.m. | M | \$70 |
|-------|-------------------|-----------|-------------|---|------|

KIDS LOVE MUSIC: TODDLERS!

Great class for first-timers! Sing, dance and play rhythm instruments with your toddler! Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, and cognitive development with you in this shortened version of the Kids Love Music class! Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](#). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos.

[Karen Greeno](#)

[Cerritos Park East](#)

| | | | | | |
|-------|---------|-----------|----------------|---|------|
| 32000 | 1-2 Yrs | 6/17-7/15 | 4:15-4:45 p.m. | M | \$70 |
|-------|---------|-----------|----------------|---|------|

KIDS LOVE MUSIC!

Come sing, dance and play with your 1-4 year old! Spark your child's imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiels! Your child gains tonal memory, motor skills and cognitive development while bonding with you. Adult participation required. Some materials are available for purchase. [www.KidsLoveMusic.net](#). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos.

[Karen Greeno](#)

[Cerritos Park East](#)

| | | | | | |
|-------|---------|-----------|-------------|---|------|
| 31998 | 1-4 Yrs | 6/17-7/15 | 5-5:45 p.m. | M | \$70 |
|-------|---------|-----------|-------------|---|------|

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities your child will develop an understanding for the components of music: rhythm, melody and imagination! Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|-------------------|-----------|---------------|----|------|
| 32194 | 2 Yrs 6 Mos-5 Yrs | 6/21-7/26 | 10-10:45 a.m. | F | \$85 |
| 32195 | 2 Yrs 6 Mos-5 Yrs | 6/22-7/27 | 10-10:45 a.m. | Sa | \$85 |

MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world, enjoy exciting rhythm and rhyme activities and enjoy drum circle time. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|---------|-----------|-------------|---|------|
| 32196 | 1-2 Yrs | 6/21-7/26 | 9-9:45 a.m. | F | \$75 |
|-------|---------|-----------|-------------|---|------|

SPORTS

B-BALLERS HOOPS SCHOOL - LITTLE BALLERS

Coach Greg and staff will help your preschooler develop confidence through learning the basketball fundamentals of dribbling, passing, shooting, and footwork. Parents are sometimes asked to assist with the fun and age appropriate drills. You can bring a small basketball and water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

[B-Ballers Hoops School](#)

[Newcomb Academy](#)

| | | | | | |
|-------|---------|----------|---------------|----|------|
| 32013 | 3-7 Yrs | 6/8-6/29 | 11-11:45 a.m. | Sa | \$75 |
| 32014 | 3-7 Yrs | 7/6-7/27 | 11-11:45 a.m. | Sa | \$75 |
| 32015 | 3-7 Yrs | 8/3-8/24 | 11-11:45 a.m. | Sa | \$75 |

B-BALLERS HOOPS SCHOOL - LITTLE BALLERS NEXT LEVEL **NEW**

Players are taken to the next level learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of "teamwork" is introduced through basketball games with and against each other to help develop playing skills. Please bring water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.



[B-Ballers Hoops School](#)

[Newcomb Academy](#)

| | | | | | |
|-------|----------|----------|--------------|----|------|
| 32016 | 4-12 Yrs | 6/8-6/29 | 12:30-2 p.m. | Sa | \$90 |
| 32017 | 4-12 Yrs | 7/6-7/27 | 12:30-2 p.m. | Sa | \$90 |
| 32018 | 4-12 Yrs | 8/3-8/24 | 12:30-2 p.m. | Sa | \$90 |

BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games. *No class: 7/5.

[TriFytt Sports](#)

[Bixby Knolls Park](#)

| | | | | | |
|-------|---------|------------|-------------|---|-------|
| 32331 | 2-3 Yrs | 6/21-8/16* | 5:30-6 p.m. | F | \$105 |
| 32332 | 3-5 Yrs | 6/21-8/16* | 6-6:45 p.m. | F | \$105 |
| 32333 | 5-7 Yrs | 6/21-8/16* | 7-7:45 p.m. | F | \$105 |

BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first two weeks will be practice and team assignments with the remainder of the weeks being games.

[TriFytt Sports](#)

[Bixby Knolls Park](#)

| | | | | | |
|-------|---------|-----------|---------------|----|------|
| 32334 | 3-5 Yrs | 7/13-8/17 | 11-11:45 a.m. | Sa | \$99 |
| 32335 | 2-3 Yrs | 7/13-8/17 | 12-12:30 p.m. | Sa | \$99 |

BREAKTHROUGH SPORTS - LITTLE HOOPERS **NEW**

Breakthrough Sports Little Hoopers program was developed with one objective in mind: instill the basic fundamentals of basketball in a fun environment for children ages 3 to 7. Each one hour session focuses on a specific basketball fundamental including; dribbling, passing, shooting and defense. Included with the registration fee each Little Hooper will receive a shooting shirt and an activity workbook.

[Breakthrough Sports](#)

[Silverado Park](#)

| | | | | | |
|-------|---------|----------|-----------------|----|------|
| 33312 | 3-7 Yrs | 6/9-6/30 | 11 a.m.-12 p.m. | Su | \$65 |
| 33313 | 3-7 Yrs | 8/4-8/25 | 11 a.m.-12 p.m. | Su | \$65 |

D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting, and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20. *No class: 6/16.

James Christian

Pan American Park

| | | | | | |
|-------|---------|-----------|---------------|----|------|
| 32039 | 3-6 Yrs | 6/2-7/7* | 11-11:45 a.m. | Su | \$70 |
| 32040 | 3-6 Yrs | 7/28-8/25 | 11-11:45 a.m. | Su | \$70 |

INTRO TO SPORTS

Kids play their favorite sports all at one class. This program motivates children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports

Bixby Knolls Park

| | | | | | |
|-------|-------------------|-----------|---------------|----|------|
| 32340 | 2-3 Yrs | 6/1-6/29 | 9-9:30 a.m. | Sa | \$79 |
| 32341 | 1 Yrs 6 Mos-2 Yrs | 6/1-6/29 | 9:30-10 a.m. | Sa | \$79 |
| 32342 | 3-5 Yrs | 6/1-6/29 | 10-10:45 a.m. | Sa | \$79 |
| 32343 | 2-3 Yrs | 7/20-8/17 | 9-9:30 a.m. | Sa | \$79 |
| 32344 | 1 Yrs 6 Mos-2 Yrs | 7/20-8/17 | 9:30-10 a.m. | Sa | \$79 |
| 32345 | 3-5 Yrs | 7/20-8/17 | 10-10:45 a.m. | Sa | \$79 |

MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Skyhawks Sports Academy

Marina Vista Park

| | | | | | |
|-------|-------------------|-----------|----------------|----|-------|
| 31878 | 2-3 Yrs 6 Mos | 6/25-8/20 | 4-4:40 p.m. | Tu | \$155 |
| 31879 | 3 Yrs 6 Mos-4 Yrs | 6/25-8/20 | 4:50-5:30 p.m. | Tu | \$155 |

PARENT AND ME SOCCER

You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. *No class: 7/5.

Kidz Love Soccer

Good Neighbor Park

| | | | | | |
|-------|---------------|------------|----------------|----|-------|
| 32200 | 2-3 Yrs 6 Mos | 6/28-8/23* | 9:30-10 a.m. | F | \$114 |
| 32201 | 2-3 Yrs 6 Mos | 6/28-8/23* | 5:45-6:15 p.m. | F | \$114 |
| 32202 | 2-3 Yrs 6 Mos | 7/13-8/24 | 8:45-9:15 a.m. | Sa | \$103 |
| 32203 | 2-3 Yrs 6 Mos | 7/13-8/24 | 9:20-9:50 a.m. | Sa | \$103 |

Kidz Love Soccer

College Estates Park

| | | | | | |
|-------|---------------|-----------|--------------|----|-------|
| 32204 | 2-3 Yrs 6 Mos | 7/13-8/24 | 9:30-10 a.m. | Sa | \$103 |
|-------|---------------|-----------|--------------|----|-------|

PRE SOCCER

Learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. *No class: 7/5.

Kidz Love Soccer

Good Neighbor Park

| | | | | | |
|-------|---------|------------|------------------|----|-------|
| 32205 | 4-5 Yrs | 6/28-8/23* | 10:10-10:45 a.m. | F | \$114 |
| 32206 | 4-5 Yrs | 6/28-8/23* | 4:30-5:05 p.m. | F | \$114 |
| 32207 | 4-5 Yrs | 7/13-8/24 | 10:30-11:05 a.m. | Sa | \$103 |

Kidz Love Soccer

College Estates Park

| | | | | | |
|-------|---------|-----------|------------------|----|-------|
| 32208 | 4-5 Yrs | 7/13-8/24 | 10:40-11:15 a.m. | Sa | \$103 |
|-------|---------|-----------|------------------|----|-------|

SOC CERTOTS

Younger age groups focus on developing motor skills and self-confidence; older classes focus on developing core soccer skills and personal focus, and introduce elements of light competition. Instructor-to-student ratio is kept small to maximize individual development. Above all else we promote fun, fun, fun! Parent participation is required for youngest age.

Skyhawks Sports Academy

Marina Vista Park

| | | | | | |
|-------|-------------------|-----------|----------------|---|-------|
| 32413 | 2-3 Yrs 6 Mos | 6/26-8/14 | 4-4:40 p.m. | W | \$139 |
| 32414 | 3 Yrs 6 Mos-4 Yrs | 6/26-8/14 | 4:50-5:30 p.m. | W | \$139 |

TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a safe environment while learning the basics of the game. Our tee ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports

Good Neighbor Park

| | | | | | |
|-------|---------|-----------|----------------|---|-------|
| 32336 | 2-3 Yrs | 6/24-8/12 | 5-5:30 p.m. | M | \$105 |
| 32337 | 3-5 Yrs | 6/24-8/12 | 5:30-6:15 p.m. | M | \$105 |
| 32339 | 3-5 Yrs | 6/24-8/12 | 7-7:45 p.m. | M | \$105 |

TOT SOCCER

Enjoy running and kicking just like the big kids! Encourage large motor skill development through fun soccer games and introduce small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. *No class: 7/5.

Kidz Love Soccer

Good Neighbor Park

| | | | | | |
|-------|-------------------|------------|------------------|----|-------|
| 32213 | 3 Yrs 6 Mos-4 Yrs | 6/28-8/23* | 10:10-10:45 a.m. | F | \$114 |
| 32214 | 3 Yrs 6 Mos-4 Yrs | 6/28-8/23* | 5:05-5:35 p.m. | F | \$114 |
| 32215 | 3 Yrs 6 Mos-4 Yrs | 7/13-8/24 | 10-10:30 a.m. | Sa | \$103 |

Kidz Love Soccer

College Estates Park

| | | | | | |
|-------|-------------------|-----------|------------------|----|-------|
| 32216 | 3 Yrs 6 Mos-4 Yrs | 7/13-8/24 | 10:10-10:40 a.m. | Sa | \$103 |
|-------|-------------------|-----------|------------------|----|-------|

HORSE FUN

Every child's dream! Ride horses! But first learn how to care for them! We will teach your child safety, basic horsemanship, haltering, grooming, saddling and ride horses! Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: \$30 due to instructor at start of class. Parent participation required. No unregistered siblings. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

El Rodeo Stables

| | | | | | |
|-------|---------|-----------|----------|----|------|
| 32073 | 3-6 Yrs | 6/8-6/29 | 1-2 p.m. | Sa | \$85 |
| 32074 | 3-6 Yrs | 7/13-8/3 | 1-2 p.m. | Sa | \$85 |
| 32079 | 3-6 Yrs | 8/10-8/31 | 1-2 p.m. | Sa | \$85 |

FREE COMPOST WORKSHOP



**Learn
how to
recycle
your food
scraps at home!**

Ciertas clases enseñadas en español.

When: 10:30a.m.- 12:30 p.m.

Where: 2929 E Willow St, Long Beach

**Find full list of dates and to pre-register for free:
Longbeach.gov/lbrecycles or call (562) 570-4676**



ENVIRONMENTAL SERVICES BUREAU
LONGBEACH.GOV/LBRECycles
HOTLINE: (562) 570-2876

[f](#) [t](#) @LBRecycles

CITY OF
LONG BEACH

PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Ave., Lakewood. *No class: 7/4 & 7/6.

Ice Management LLC

| | | | | | |
|-------|---------|------------|------------------|----|------|
| 32360 | 3-6 Yrs | 5/30-6/20 | 11:15-11:45 a.m. | Th | \$45 |
| 32361 | 3-6 Yrs | 6/1-6/22 | 11:15-11:45 a.m. | Sa | \$45 |
| 32362 | 3-6 Yrs | 6/27-7/25* | 11:15-11:45 a.m. | Th | \$45 |
| 32363 | 3-6 Yrs | 6/29-7/27* | 11:15-11:45 a.m. | Sa | \$45 |
| 32364 | 3-6 Yrs | 8/1-8/22 | 11:15-11:45 a.m. | Th | \$45 |
| 32365 | 3-6 Yrs | 8/3-8/24 | 11:15-11:45 a.m. | Sa | \$45 |

The Rinks Lakewood Ice

TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Ave., Lakewood. *No class: 7/3, 7/4 & 7/6.

Ice Management LLC

| | | | | | |
|-------|---------|------------|------------------|----|------|
| 32366 | 3-6 Yrs | 5/29-6/19 | 6:10-6:40 p.m. | W | \$45 |
| 32367 | 3-6 Yrs | 5/30-6/20 | 4-4:30 p.m. | Th | \$45 |
| 32368 | 3-6 Yrs | 6/1-6/22 | 10:15-10:45 a.m. | Sa | \$45 |
| 32369 | 3-6 Yrs | 6/26-7/24* | 6:10-6:40 p.m. | W | \$45 |
| 32370 | 3-6 Yrs | 6/27-7/25* | 4-4:30 p.m. | Th | \$45 |
| 32371 | 3-6 Yrs | 6/29-7/27* | 10:15-10:45 a.m. | Sa | \$45 |
| 32372 | 3-6 Yrs | 7/31-8/21 | 6:10-6:40 p.m. | W | \$45 |
| 32373 | 3-6 Yrs | 8/1-8/22 | 4-4:30 p.m. | Th | \$45 |
| 32374 | 3-6 Yrs | 8/3-8/24 | 10:15-10:45 a.m. | Sa | \$45 |

The Rinks Lakewood Ice

TOT ICE HOCKEY

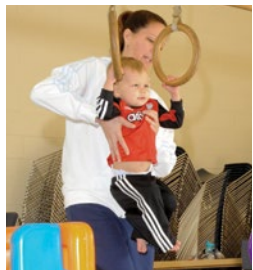
Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Ave., Lakewood. *No class: 7/4 & 7/6.

Ice Management LLC

| | | | | | |
|-------|---------|------------|------------------|----|------|
| 32384 | 3-6 Yrs | 5/30-6/20 | 5:30-6 p.m. | Th | \$45 |
| 32385 | 3-6 Yrs | 6/1-6/22 | 10:15-10:45 a.m. | Sa | \$45 |
| 32386 | 3-6 Yrs | 6/27-7/25* | 5:30-6 p.m. | Th | \$45 |
| 32387 | 3-6 Yrs | 6/29-7/27* | 10:15-10:45 a.m. | Sa | \$45 |
| 32388 | 3-6 Yrs | 8/1-8/22 | 5:30-6 p.m. | Th | \$45 |
| 32389 | 3-6 Yrs | 8/3-8/24 | 10:15-10:45 a.m. | Sa | \$45 |

The Rinks Lakewood Ice

TINY TUMBLERS - PARENT AND ME GYMNASTICS I



This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Requirements: must be able to walk. Come tumble with us! 4 week session \$60; 5 week session \$75. *No class: 8/13.

Aerial Butterflies LLC

| | | | | | |
|-------|-------------------|-----------|-----------------|----|------|
| 32140 | 9 Mos-2 Yrs 6 Mos | 6/1-6/29 | 9:30-10:15 a.m. | Sa | \$75 |
| 32137 | 9 Mos-2 Yrs 6 Mos | 6/4-6/25 | 10-10:45 a.m. | Tu | \$60 |
| 32138 | 9 Mos-2 Yrs 6 Mos | 7/2-7/30 | 10-10:45 a.m. | Tu | \$75 |
| 32141 | 9 Mos-2 Yrs 6 Mos | 7/6-7/27 | 9:30-10:15 a.m. | Sa | \$60 |
| 32142 | 9 Mos-2 Yrs 6 Mos | 8/3-8/31 | 9:30-10:15 a.m. | Sa | \$75 |
| 32139 | 9 Mos-2 Yrs 6 Mos | 8/6-8/27* | 10-10:45 a.m. | Tu | \$45 |

Wardlow Park

TINY TUMBLERS - PARENT AND ME GYMNASTICS II

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bar, beam, floor and rings along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Come tumble with us! 4 week session \$60; 5 week session \$75. *No class: 8/13.

Aerial Butterflies LLC

| | | | | | |
|-------|-------------------|-----------|------------------|----|------|
| 32143 | 2 Yrs 6 Mos-4 Yrs | 6/1-6/29 | 10:20-11:05 a.m. | Sa | \$75 |
| 32146 | 2 Yrs 6 Mos-4 Yrs | 6/4-6/25 | 10:50-11:35 a.m. | Tu | \$60 |
| 32147 | 2 Yrs 6 Mos-4 Yrs | 7/2-7/30 | 10:50-11:35 a.m. | Tu | \$75 |
| 32144 | 2 Yrs 6 Mos-4 Yrs | 7/6-7/27 | 10:20-11:05 a.m. | Sa | \$60 |
| 32145 | 2 Yrs 6 Mos-4 Yrs | 8/3-8/31 | 10:20-11:05 a.m. | Sa | \$75 |
| 32148 | 2 Yrs 6 Mos-4 Yrs | 8/6-8/27* | 10:50-11:35 a.m. | Tu | \$45 |

Wardlow Park



To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.

Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.

ដើម្បីមើលផ្សាយព័ត៌មាននេះ ក្នុងភាសាខ្មែរ ឬភាសាប្រាំង ឬភាសាប្រាំង ប្រើប្រាស់ទូរស័ព្ទ ឬកុំព្យូទ័រ ទៅកាន់ www.lbparks.org

*Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahan ang www.lbparks.org."

www.LanguageToday.us

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TK classes in the Afternoon

Twice a Week - Full Immersion

Spanish - French

Kindergarten Classes

Afterschool Classes - School Age Students

Preschool Classes in French

Full Immersion

Summer Classes

YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such as yoga, martial arts and gymnastics.

CAMPS

EVERYBOO ART CAMP

Explore a variety of projects, themes and mediums; drawing, painting, mixed media and sculpting. Artists will nurture their talents while having a great time! Cash material fee: \$30 due at first day of camp. For more information visit www.everyboo.com. Class held at Averyboo Arts, 3908 Atlantic Ave., Long Beach.

[Natalie Meza](#) [Averyboo Arts](#)
32219 7-10 Yrs 7/29-8/2 1-4 p.m. M Tu W Th F \$175

ACTION FLIX CAMP

The favorite is back! Students use a green screen, camera tricks & FX to create their own live-action action adventure movie. They'll collaborate to write, act and direct in this movie. Kids will be taught action choreography. Movies will be available for download one month after program ends. \$35 material fee.

[IncrediFlix Inc.](#) [College Estates Park](#)
33036 7-12 Yrs 7/8-7/12 9 a.m.-noon M Tu W Th F \$225

MINECRAFT MOVIE FLIX CAMP

New for 2019-more set design features like lava-rivers and torches! Using stop-motion animation students will bring Steve, Alex, and more to life in movies they'll storyboard, shoot and voice-over in age-appropriate groups. Movies will be available for download one month after program ends. \$35 material fee. After camp care is available 4-5 p.m. for \$30 per camper.

[IncrediFlix Inc.](#) [College Estates Park](#)
33037 7-12 Yrs 7/8-7/12 1-4 p.m. M Tu W Th F \$205

ACTION MOVIE & MINECRAFT MOVIE COMBO CAMP

Discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! Discount included in price of camp. Bring your own sack lunch. See individual camp descriptions. \$70 material fee. After camp care is available 4-5 p.m. for \$30 per camper.

[IncrediFlix Inc.](#) [College Estates Park](#)
33038 7-12 Yrs 7/8-7/12 9 a.m.-4 p.m. M Tu W Th F \$410

ANIMATION FLIX CAMP

New for 2019! Students create up to four stop motion movies using dinosaurs, paper cartoons, white board, and a free choice, where students choose from PlayDoh, jewels, or items brought from home. Movies will be available for download one month after program ends. \$35 material fee. After camp care is available 4-5 p.m. for \$30 per camper.

[IncrediFlix Inc.](#) [Heartwell Park](#)
33041 7-12 Yrs 8/5-8/9 1-4 p.m. M Tu W Th F \$205

GREEN SCREEN LEGO FLIX

Bring Lego stop-motion animation to the next level! Students transport their Lego worlds using green screen technology and bring it to life in movies. Students storyboard, shoot, and voice-over in age appropriate groups. Movies will be available for download one month after program ends. \$35 material fee.

[IncrediFlix Inc.](#) [Heartwell Park](#)
33040 7-12 Yrs 8/5-8/9 9 a.m.-noon M Tu W Th F \$205

GREEN SCREEN LEGO & ANIMATION FLIX COMBO CAMP

Registration discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! Discount included in price of camp. Bring your own sack lunch. See individual camp descriptions. \$70 material fee. After camp care is available 4-5 p.m. for \$30 per camper.

[IncrediFlix Inc.](#) [Heartwell Park](#)
33039 7-12 Yrs 8/5-8/9 9 a.m.-4 p.m. M Tu W Th F \$395

BIXBY CLAY CAMP

Offers young artists a program that teaches the fundamentals of ceramics through sculpting, hand-building, and glazing. Artists are welcome to join us for our one week session starting in July. Parents please provide non-perishable snack and water. All tools and materials will be provided.

[Anita Sinclair](#) [Bixby Park](#)
32577 8-12 Yrs 7/29-8/2 9-11:30 a.m. M Tu W Th F \$150

BRIXOLOGY

Team up to construct various engineering-themed projects using Lego bricks. Learn about aerospace engineering while assembling a space station. Explore mechanical engineering as you build boats and vehicles. \$50 cash material fee is due on the first day of camp.

[Mad Science Of Los Angeles](#) [Heartwell Park](#)
33047 7-12 Yrs 6/17-6/21 1-4 p.m. M Tu W Th F \$205

CELEBRITY CHEF FAVORITES NEW

Enjoy delicious food by your favorite celebrity chefs in this cooking camp! Students develop their culinary skills and learn nutrition, culture, and dining etiquette. On the last day of camp parents are invited to the Kid Restaurant. Go to www.LIFTenrichment.com to pay your \$59 material fee before the first day of camp.

[LIFT Enrichment](#) [Recreation Park](#)
33052 6-10 Yrs 7/15-7/19 1-4 p.m. M Tu W Th F \$197

CRAYOLA WORLD OF DESIGN

Campers learn about Mars, the rainforest, cities of the future and engage in the creative process to solve real-world problems. Each day focuses on a specific field of design and our young architects, illustrators and graphic designers develop their ideas from concept to sketch to finished product. \$50 cash material fee is due on the first day of camp.

[Mad Science Of Los Angeles](#) [Heartwell Park](#)
33045 5-12 Yrs 6/17-6/21 9 a.m.-noon M Tu W Th F \$205
33046 5-12 Yrs 8/19-8/23 9 a.m.-noon M Tu W Th F \$205

CRAZY CHEMWORKS CAMP

Shake up a flask of fun in the lab. Swirl, pour and mix like a scientist. Chill down and heat up at the atomic level as you change liquid to solids. Learn how to handle laboratory tools, and build and break molecules. \$50 cash material fee is due on the first day of camp.

[Mad Science Of Los Angeles](#) [Heartwell Park](#)
33042 5-12 Yrs 6/24-6/28 9 a.m.-noon M Tu W Th F \$205
33043 5-12 Yrs 8/12-8/16 1-4 p.m. M Tu W Th F \$205

ENCHANTED PRINCESS CAMP

Come dream of far off lands, enchanted forests where fairytales do exist. Princesses will sing, dance and create magical costumes to wear for the happy ending-our enchanting show at camp's end. Material fee: \$25. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

[Anne Pennypacker](#) [Marina Community Center](#)
32067 4-7 Yrs 7/15-7/19 9:30-11 a.m. M Tu W Th F \$138

ESCAPE ROOM CAMP NEW

Partnering with the PuzzleMazement Escape Room, campers test their skills in mobile challenges and learn how to create their own escape rooms. Codes, riddles, puzzles and devices will exercise their brain power and build teamwork skills as we explore story and flow of escape rooms.

[Edutainment Arts LLC](#) [Heartwell Park](#)
33023 8-13 Yrs 7/15-7/19 1-4 p.m. M Tu W Th F \$165

EUREKA CAMP

Overcome challenges using basic materials, simple machines, and tips from famous inventors. Create catapults, forts, and construct working sticks to take home. Thomas Edison said, 'Invention is 10% inspiration and 90% perspiration,' campers say, 'This camp is 100% FUN!' \$50 cash material fee due on first day.

[Mad Science Of Los Angeles](#) [Heartwell Park](#)
33044 5-12 Yrs 6/24-6/28 1-4 p.m. M Tu W Th F \$205

EXTREME TEAM CHALLENGE

Teams and individuals compete in classic games from shows like Minute to Win it, Survivor and Amazing Race. Crazy skills, team skills, luck and guts will be needed to compete in survival challenges, complex races, dexterity tests, and treasure hunts. Use team work and sportsmanship and get extreme!

[Edutainment Arts LLC](#) [Heartwell Park](#)
33019 7-12 Yrs 7/8-7/12 9 a.m.-noon M Tu W Th F \$165

FIVE INGREDIENT FEAST **NEW**

Enjoy delicious, healthy dishes with only 5 ingredients! Students develop their culinary skills while learning about nutrition, culture, and dining etiquette. On the last day of camp parents are invited to the Kid Restaurant. Go to www.LIFTenrichment.com to pay your \$59 material fee before the first day of camp.

[LIFT Enrichment](#)

[Recreation Park](#)

33053 6-10 Yrs 8/12-8/16 1-4 p.m. M Tu W Th F \$197

FUNGINEERING, MIX UPS & MORE!

How is science used to build skyscrapers, bridges and tunnels? Use simple machines to lift weights and launch marshmallows. Be a Mad Scientist as you learn about chemical reactions in daily life. See how film captures light to store images and filmmakers make images move during "shutterbugs" day. \$50 cash material fee is due on the first day of camp.

[Mad Science Of Los Angeles](#)

[Heartwell Park](#)

33049 5-12 Yrs 8/12-8/16 9 a.m.-noon M Tu W Th F \$205

HARRY POTTER AND HOGWARTS CAMP

Create stories of fantasy, fan-fiction, and magic using the four secrets of narrative writing. Paint wands, create a potion, make butter beer, build snitch launchers, play the Death Eaters' game, and Quidditch! Chocolate frogs and snacks provided. Students must have read the first book in the series. Material fee: \$85. Camp held at Cypress Community Center, 5700 Orange Ave., Cypress.

[Write On!](#)

[Cypress Community Center](#)

32349 8-13 Yrs 6/24-6/28 9 a.m.-1 p.m. M Tu W Th F \$140

32350 8-13 Yrs 7/8-7/12 9 a.m.-1 p.m. M Tu W Th F \$140

HARRY POTTER WIZARDRY AND MAGIC

Transition from muggles to wizards. Each student will be sorted into a Hogwarts house, given a wand, and taught the traditional methods of magic, mind reading, positions, and Quidditch. Students will be invited to investigate, discover, and imagine the world of young Harry Potter.

[Edutainment Arts LLC](#)

[Heartwell Park](#)

33020 6-12 Yrs 7/29-8/2 9 a.m.-noon M Tu W Th F \$165

HIP HOP DANCE CAMP

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat music, but we'll throw down some mats and do some breaking' and tumbling' too. We'll make our own funky T-shirts to perform in at weeks end! Material fee: \$25. Camp held at the Marina Community Center, 151 Marina Dr., Seal Beach.

[Anne Pennypacker](#)

[Marina Community Center](#)

32608 5-12 Yrs 7/8-7/12 9:30 a.m.-noon M Tu W Th F \$158

33162 5-12 Yrs 7/29-8/2 9:30 a.m.-noon M Tu W Th F \$158

HUNGER GAMES CAMP

Send your tributes to compete and see who will survive as the victor of daily competitions. Go through training week to learn survival skills, and team work. Form an alliance and play the odds. Join in the fun of the annual Hunger Games.

[Edutainment Arts LLC](#)

[Heartwell Park](#)

33018 8-13 Yrs 7/8-7/12 1-4 p.m. M Tu W Th F \$165

INTRODUCTION TO ROBOTICS

Learn about the uses of robotics in our world. Play, build, and experiment with different designs as you learn what makes a robot work. Build your very own working robot (automaton) to take home with you at the end of camp. \$50 cash material fee is due on the first day of camp.

[Mad Science Of Los Angeles](#)

[Heartwell Park](#)

33048 8-12 Yrs 8/19-8/23 1-4 p.m. M Tu W Th F \$205

JEDI ENGINEERING WITH LEGO MATERIALS

The Force awakens in this introductory engineering course! Explore engineering principles by designing and building projects using Lego materials such as X-wings, R2 units, energy catapults, defense turrets, and settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

[Play-Well TEKologies](#)

[College Estates Park](#)

33064 5-7 Yrs 7/1-7/3 9 a.m.-noon M Tu W \$116

JEDI MASTER ENGINEERING WITH LEGO MATERIALS

Discover engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects using Lego material X-wings, AT-AT walkers, Pod racers, star destroyers, cloud cities, settlements, fortresses and other complex machines and structures from a galaxy far, far away.

[Play-Well TEKologies](#)

[College Estates Park](#)

33065 7-12 Yrs 7/1-7/3 1-4 p.m. M Tu W \$116



It's Camp Time!

- :: Early Engineering Fun Camp
- :: Robotics Camp
- :: Tinker, Build, Make-It Camp
- :: Coding Camp
- :: Tech Girls Workshop
- :: Camps for Kids Ages 5-18

www.sharedsciencefun.org



Easy Online Registration!

JURASSIC ART CAMP

Travel back 199 million years to create dinosaurs, birds and rodents amidst a warm climate full of lush forests. Artist will explore the lands before time, learning history as they paint, draw and sketch these amazing creatures. Material fee: \$30. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center
32609 5-12 Yrs 7/16-7/19 1-3 p.m. Tu W Th F \$138

KID'S POTTERY SUMMER CAMP

Discover various pottery making techniques from pinching pots to working on a real pottery wheel! In between making pieces, there's time to play in the park. Parents provide lunch, and extra water. Camp held at Clay On First Studio, 406 E First St. Unit. B, Long Beach. For information: www.clayonfirst.com

Clay On First Clay On First Studio

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33073 | 6-13 Yrs | 6/17-6/21 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33074 | 6-13 Yrs | 6/24-6/28 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33075 | 6-13 Yrs | 7/8-7/12 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33076 | 6-13 Yrs | 7/22-7/26 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33077 | 6-13 Yrs | 7/29-8/2 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33078 | 6-13 Yrs | 8/12-8/16 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |
| 33079 | 6-13 Yrs | 8/19-8/23 | 9 a.m.-2 p.m. | M Tu W Th F | \$245 |

LEGO SUPER HEROES

Students create and animate their own Lego super hero movies with stop-motion animation. Students write and create the stories, film the movie using provided iPods and voice all the characters in their movie. By the end of the camp, you will have created your own animated Lego superhero short film. \$30 material fee due at start of first class.

Movies By Kids Inc Recreation Park
33069 6-13 Yrs 7/8-7/12 1-4 p.m. M Tu W Th F \$160

LONG BEACH SUMMER MUSIC ACADEMY

Music Academy provides band and orchestra students a fun, rewarding musical experience. Open to students entering 7th, 8th or 9th grade in the fall with at least one year of music instruction. The sessions culminate in a public concert. For information visit Long Beach Summer Music Academy's Facebook page, or email Mr. Hamilton at khamilton@lbschools.net. Class held at Wilson High School, 4400 E 10th St., Long Beach.

Kevin Hamilton Wilson High School
31997 10-14 Yrs 6/17-8/19 5:30-8 p.m. M \$200

MINECRAFT CLAYMATION WORLD

Create your own Minecraft movie with stop-motion animation! Build miniature sets using Lego blocks and create characters with clay for that Minecraft look. Film your Minecraft Claymation movie using provided iPods. Kids voice all the characters in their movie. All student films will be made available for download online! \$30 material fee due at start of first class.

Movies By Kids Inc Recreation Park
33071 6-13 Yrs 8/19-8/23 1-4 p.m. M Tu W Th F \$160

MINECRAFT MOVIE MAKING

Kids will design a Minecraft world using Lego blocks and Minecraft mini figures. Students will utilize iPods to create their own Minecraft movie and voice all the characters. Create monsters, creepers or your own hero to tackle the environment that you create. All student films will be made available for download online! \$30 material fee due at start of first class.

Movies By Kids Inc Recreation Park
33072 6-13 Yrs 6/17-6/21 1-4 p.m. M Tu W Th F \$160

MINI-HAWK MULTI-SPORT CAMP

Gives children a first step into athletics. Baseball, basketball and soccer are taught in a structured environment filled with encouragement. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, ball, and a merit award. Bring snacks, water bottle, running shoes, and sunscreen.

Skyhawks Sports Academy College Estates Park
31882 4-6 Yrs 8/12-8/16 9 a.m.-noon M Tu W Th F \$189

NAILED IT! NEW

Learn how to use basic tools to make some wonderful items such as book ends, tool boxes, bird houses and more. Campers will take home all of their crafts and will be skilled and more knowledgeable about all the tools in their tool box. \$20 cash material fee due first day of class.

Edutainment Arts LLC Heartwell Park
33022 7-12 Yrs 7/15-7/19 9 a.m.-noon M Tu W Th F \$165

PERCY JACKSON CAMP

Learn to write compelling stories. Create heroes and monsters through narrative writing then explore interactive exercises. Be ready for cabin challenges, capture the flag, acting, art projects, mythology trivia and become a demigod through physical training and challenges. Students must have read the first book in the series. Material fee: \$85 due on the first day of camp. Class held at Cypress Community Center, 5700 Orange Ave., Cypress.

Write On! Cypress Community Center
32351 8-13 Yrs 7/15-7/19 9 a.m.-1 p.m. M Tu W Th F \$140
32352 8-13 Yrs 7/22-7/26 9 a.m.-1 p.m. M Tu W Th F \$140

PERFECT PIXIE AND FABULOUS FAIRIES DANCE CAMP

Do you believe? With a sprinkle of pixie dust we'll journey to a land where fairies dance the days away. From flower fairies to secret garden games, every day will be a new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. Material fee: \$25. Camp held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center
32610 4-7 Yrs 7/22-7/26 9:30-11 a.m. M Tu W Th F \$138

ROBOTICS USING LEGO WEDO SYSTEM

Build and program in this introductory robotics class using Lego WeDo System. Learn basic programming skills, engineering concepts, and the names of components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare for our more advanced Robotics programs.

Play-Well TEKologies College Estates Park
33067 7-9 Yrs 8/12-8/16 9 a.m.-noon M Tu W Th F \$240

ROBOTICS USING LEGO EV3 SYSTEM

Build and program robots using the Lego Mindstorms EV3 system! Learn about mechanical and soft ware design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up objects and play sounds.

Play-Well TEKologies College Estates Park
33068 9-12 Yrs 8/12-8/16 1-4 p.m. M Tu W Th F \$240

ROCKSTAR POPSTAR CAMP

C'mon boys and girls it's time to party like a rockstar! We will learn lyrics and hip hop moves to our favorite pop songs and be stars! At weeks end we will throw the best concert ever! Material fee: \$25. Camp held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker Marina Community Center
32611 5-12 Yrs 7/15-7/19 11 a.m.-1 p.m. M Tu W Th F \$158

SECRET AGENT LAB

James Bond? Sherlock Holmes? Austin Powers? What does it take to discover "Who done it?" Use the Secret Code Breaker to communicate in code like your favorite spy. Connect the dots to solve a crime in a hands-on investigation. You'll be an expert crime stopper by the time the week is through! \$50 cash material fee is due on the first day of camp.

Mad Science Of Los Angeles Heartwell Park
33051 5-12 Yrs 7/22-7/26 1-4 p.m. M Tu W Th F \$205

SKYHAWKS BASKETBALL CAMP

This skill-intensive program is designed for the beginning to intermediate player. Using our step by step curriculum, staff focus on teaching respect, teamwork and responsibility. A week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants receive a t-shirt, basketball and player evaluation. Bring snacks, water bottle, running shoes, and sunscreen.

Skyhawks Sports Academy College Estates Park
31883 7-12 Yrs 7/1-7/3 9 a.m.-noon M Tu W \$115

SOCCER FULL DAY CAMP

A combination of the half day camp program along with additional developmental soccer practices, games, competitions, challenges, and fun activities. Includes supervised lunch break from noon-1p.m. Campers to bring a sack lunch. Each camper will receive an international soccer ball, t-shirt, and camper evaluation/camp poster.

Challenger Sports Wardlow Park
33027 8-14 Yrs 6/24-6/28 9 a.m.-4 p.m. M Tu W Th F \$220
33028 8-14 Yrs 8/12-8/16 9 a.m.-4 p.m. M Tu W Th F \$220

SOCCER HALF DAY PROGRAM (AM)

Emphasis is placed upon individual skill development, small sided games, and having fun! Each camper will receive an international soccer ball, t-shirt, and camper evaluation/camp poster.

Challenger Sports

| | | | | | |
|-------|-----------|-----------|-------------|-------------|-------|
| 33026 | 5-9 Yrs | 6/24-6/28 | 9 a.m.-noon | M Tu W Th F | \$155 |
| 33030 | 5-9 Yrs | 8/12-8/16 | 9 a.m.-noon | M Tu W Th F | \$155 |
| 33029 | 10-14 Yrs | 6/24-6/28 | 9 a.m.-noon | M Tu W Th F | \$155 |
| 33031 | 10-14 Yrs | 8/12-8/16 | 9 a.m.-noon | M Tu W Th F | \$155 |

Wardlow Park

SOCCER HALF DAY PROGRAM (PM)

Emphasis is placed upon individual skill development, small sided games, and having fun! Each camper will receive an international soccer ball, t-shirt, and camper evaluation/camp poster.

Challenger Sports

| | | | | | |
|-------|-----------|-----------|----------|-------------|-------|
| 33034 | 5-9 Yrs | 6/24-6/28 | 1-4 p.m. | M Tu W Th F | \$145 |
| 33032 | 5-9 Yrs | 8/12-8/16 | 1-4 p.m. | M Tu W Th F | \$145 |
| 33035 | 10-14 Yrs | 6/24-6/28 | 1-4 p.m. | M Tu W Th F | \$145 |
| 33033 | 10-14 Yrs | 8/12-8/16 | 1-4 p.m. | M Tu W Th F | \$145 |

Wardlow Park

STAR WARS ART CAMP

A long time ago in an art camp far far away...young Jedis trained to become masters of Star Wars themed art. Using various artistic media throughout the week, we'll have a collection as strong as the force for an exhibit at camp's end. Material Fee: \$30. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker

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|-------|----------|----------|-----------|-------------|-------|
| 32612 | 5-12 Yrs | 7/29-8/2 | 12-2 p.m. | M Tu W Th F | \$158 |
|-------|----------|----------|-----------|-------------|-------|

Marina Community Center

STAR WARS: CLAYMATION GALAXY

Students design and build their own Star Wars aliens, Jedi Knights, Sith lords or anything their imagination can create. Students bring their masterpieces to life using stop-motion animation using provided iPods. Once filming is complete, students choose music and supply the voice-overs for the characters in their movie. Student films will be made available for download online. \$30 material fee due at start of first day of class.

Movies By Kids Inc

| | | | | | |
|-------|----------|----------|----------|-------------|-------|
| 33070 | 6-13 Yrs | 7/29-8/2 | 1-4 p.m. | M Tu W Th F | \$160 |
|-------|----------|----------|----------|-------------|-------|

Recreation Park

STEM + MINECRAFT WITH LEGO MATERIALS FULL DAY

Engineer and craft innovative solutions in this full-day Lego camp packed with hands-on and minds-on STEM! Build projects inspired by cool machines including trains, helicopters, and tree houses. Build a portal to the Nether, Creepers, and Minecarts from Minecraft!

Play-Well TEKologies

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|-------|---------|-----------|---------------|-------------|-------|
| 33063 | 5-7 Yrs | 6/24-6/28 | 9 a.m.-4 p.m. | M Tu W Th F | \$310 |
|-------|---------|-----------|---------------|-------------|-------|

College Estates Park

STEM CHALLENGE + MINECRAFT WITH LEGO MATERIALS FULL DAY

In this challenge-based program, build cool machines including gear cars, gondolas, and merry-go-rounds. Then build motorized minecarts, ghosts, and creepers from Minecraft! Engineer and craft innovative solutions in this new full-day themed engineering camp for Lego fanatics!

Play-Well TEKologies

| | | | | | |
|-------|----------|---------|---------------|-------------|-------|
| 33066 | 7-12 Yrs | 8/5-8/9 | 9 a.m.-4 p.m. | M Tu W Th F | \$310 |
|-------|----------|---------|---------------|-------------|-------|

College Estates Park

SKATEBOARDING SUMMER CAMP

This camp is for all ability levels. Make new friends, play games, win prizes, advance your skills and have fun! Requirements: waiver form, a "trick" skateboard, knee and elbow pads, and a helmet. Visit skatedogs.com to view our skateboard customizer and to learn about what type of skateboard to bring.

Adam Cohen

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|-------|----------|-----------|----------------|-------------|-------|
| 32048 | 5-13 Yrs | 7/15-7/19 | 3:30-6:30 p.m. | M Tu W Th F | \$181 |
| 32047 | 5-13 Yrs | 7/22-7/26 | 3:30-6:30 a.m. | M Tu W Th F | \$181 |
| 32050 | 5-13 Yrs | 8/19-8/23 | 9 a.m.-noon | M Tu W Th F | \$181 |

Willow Grove

Adam Cohen

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|-------|----------|-----------|-------------|-------------|-------|
| 32049 | 5-13 Yrs | 8/12-8/16 | 9 a.m.-noon | M Tu W Th F | \$181 |
|-------|----------|-----------|-------------|-------------|-------|

El Dorado Park West Skate Park

TGA PREMIER FLOOR HOCKEY CAMP NEW

Certified instruction, station-based drills, games and scrimmages. Camps feature sport specific STEM labs and Friday games day for families to attend! Includes lunch, snacks, giveaways, and more. Learn to play, improve skills, make friends and memories! Before and after care \$8 per hour. Material fee: \$7. Class held at Edison Park, 99 College Park Dr., Seal Beach.

TGA Premier Sports

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33155 | 5-13 Yrs | 6/10-6/14 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |
| 33156 | 5-13 Yrs | 7/15-7/19 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |

Edison Park

Long Beach Parks, Recreation & Marine

Register online at: <http://dodgersrbi-longbeach.leagueapps.com>

| | | | |
|----------------|----------|-------------------|----------|
| Bixby | 570-1601 | Pan American | 570-1660 |
| Chavez | 570-8890 | Ramona Park | 570-1665 |
| Cherry Park | 570-1615 | Scherer Park | 570-1674 |
| Coolidge Park | 570-1618 | Silverado Park | 570-1675 |
| DeForest Park | 570-1620 | Somerset Park | 570-1690 |
| Drake Park | 570-1625 | Stearns Champions | 570-1685 |
| El Dorado Park | 570-3225 | Veterans Park | 570-1695 |
| Houghton Park | 570-1640 | Wardlow Park | 570-1705 |
| King Park | 570-4405 | Whaley Park | 570-1710 |
| McArthur Park | 570-1655 | | |
| McBride Park | 570-1605 | | |
| Orizaba Park | 570-1427 | | |

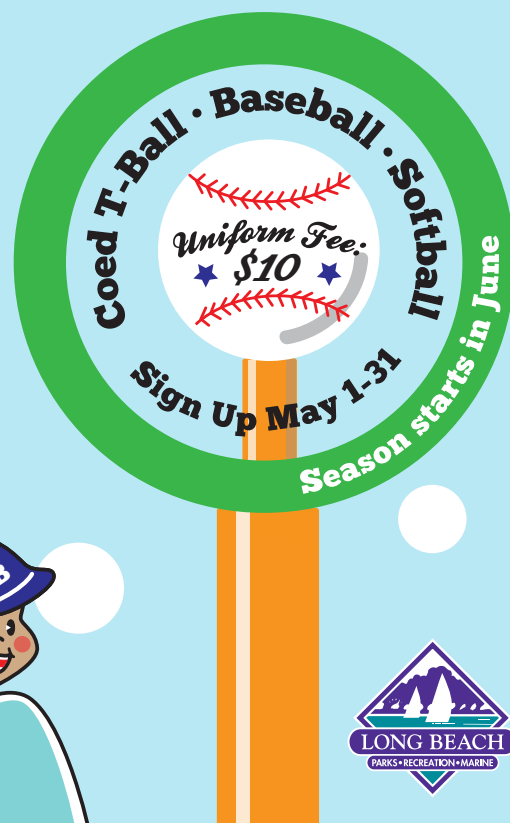
Ages 4-10

T-Ball: born 2013-2014

Coach Pitch: born 2011-2012

Baseball/Softball: born 2009-2010

For more information contact the youth sports office at (562) 570-1707 or visit www.teamsideline.com/longbeach



TGA PREMIER GOLF CAMP NEW

Certified instruction, station-based drills, and daily on course play. Sport specific STEM labs and Friday skills day for families to attend! Includes lunch, snacks, giveaways, and more. Learn to play, improve skills, make friends and memories! Before and after care \$8 per hour. Material fee: \$7. Class held at Bixby Village Golf Course, 6180 Bixby Village Dr., Long Beach.

TGA Premier Sports

Bixby Village Golf Course

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33149 | 5-13 Yrs | 6/3-6/7 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |
| 33150 | 5-13 Yrs | 6/17-6/21 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |
| 33151 | 5-13 Yrs | 7/8-7/12 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |
| 33152 | 5-13 Yrs | 7/22-7/26 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |
| 33153 | 5-13 Yrs | 8/5-8/9 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |
| 33154 | 5-13 Yrs | 8/19-8/23 | 9 a.m.-3 p.m. | M Tu W Th F | \$285 |

TGA PREMIER LACROSSE CAMP NEW

Certified instruction, station-based drills, games and scrimmages. Camps feature sport specific STEM labs and Friday games day for families to attend! Includes lunch, snacks, fun giveaways, and more. Learn to play, improve skills, make friends and memories! Add on optional before or after care. Class held at Little Cottonwood Park, 4000 Farquhar Ave., Los Alamitos.

TGA Premier Sports

Little Cottonwood Park

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33157 | 9-15 Yrs | 6/24-6/28 | 9 a.m.-3 p.m. | M Tu W Th F | \$269 |
| 33158 | 9-15 Yrs | 7/29-8/2 | 9 a.m.-3 p.m. | M Tu W Th F | \$269 |

TGA PREMIER ULTIMATE FRISBEE CAMP NEW

Certified instruction, station-based drills, games and scrimmages. Camps feature sport specific STEM labs and Friday game day for families to attend! Includes lunch, snacks, equipment, giveaways and more. Learn to play, improve skills, make friends and memories! Before and after care \$8 per hour. Material fee: \$7. Class held at Edison Park, 99 College Park Dr., Seal Beach.

TGA Premier Sports

Edison Park

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33147 | 5-13 Yrs | 6/10-6/14 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |
| 33148 | 5-13 Yrs | 7/15-7/19 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |

TGA PREMIER VOLLEYBALL CAMP NEW

Youth certified instruction, station-based drills, on course play every day. Camps feature sport specific STEM labs and Friday game day for families to attend! Includes lunch, snacks, giveaways, and more. Learn to play, improve skills, make friends and camp memories! Before and after care \$8 per hour. Material fee: \$7. Class held at Edison Park, 99 College Park Dr, Seal Beach.

TGA Premier Sports

Edison Park

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33159 | 5-13 Yrs | 6/10-6/14 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |
| 33160 | 5-13 Yrs | 7/15-7/19 | 9 a.m.-3 p.m. | M Tu W Th F | \$259 |

TINY TYKES

A fun introduction to soccer focusing on games and activities to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing and catching. Each camper will receive an international soccer ball, t-shirt, and camper evaluation/camp poster.

Challenger Sports

Wardlow Park

| | | | | | |
|-------|---------|-----------|--------------|-------------|-------|
| 33024 | 3-5 Yrs | 6/24-6/28 | 9-10:30 a.m. | M Tu W Th F | \$120 |
| 33025 | 3-5 Yrs | 8/12-8/16 | 9-10:30 a.m. | M Tu W Th F | \$120 |

TOP JUNIOR CHEF

Kids do all the cooking. We provide the traveling kitchen, supplies, and ingredients. Our instructors will work within each camper's skill level. Work in teams to cook and complete. Our goal: to open a restaurant in one week for family and friends! \$20 cash only materials fee.

Edutainment Arts LLC

Recreation Park

| | | | | | |
|-------|----------|-----------|----------|-------------|-------|
| 33015 | 7-12 Yrs | 6/24-6/28 | 1-4 p.m. | M Tu W Th F | \$165 |
| 33016 | 7-12 Yrs | 7/22-7/26 | 1-4 p.m. | M Tu W Th F | \$165 |
| 33017 | 7-12 Yrs | 8/5-8/9 | 1-4 p.m. | M Tu W Th F | \$165 |

WINGS & THINGS

Join Sir Isaac Newton and prepare for aerospace adventures with his laws of motion. Design, build and test flying creations including kites, planes, rockets, hovercrafts and more. Experiment with the laws of physics, gravity and motion during this week of hands-on fun. \$50 cash material fee is due on the first day of camp.

Mad Science Of Los Angeles

Heartwell Park

| | | | | | |
|-------|----------|-----------|-------------|-------------|-------|
| 33050 | 5-12 Yrs | 7/22-7/26 | 9 a.m.-noon | M Tu W Th F | \$205 |
|-------|----------|-----------|-------------|-------------|-------|

ZOMBIE VS HUMANS CAMP

Struggle to survive against zombies. Teamwork and wilderness skills will be required to compete against the walking dead in many games, challenges and activities. Find shelter, water, and food after the apocalypse. If you're prepared for Zombies, you'll be prepared for anything.

Edutainment Arts LLC

Heartwell Park

| | | | | | |
|-------|----------|----------|----------|-------------|-------|
| 33021 | 6-12 Yrs | 7/29-8/2 | 1-4 p.m. | M Tu W Th F | \$165 |
|-------|----------|----------|----------|-------------|-------|

COOKING

BASIC COOKING FOR KIDS

Kids will love this fun class where they can create their own baked masterpiece, discover new ingredients and learn the fundamentals of baking. Please note any food allergies. Bring an apron, set of measuring cups and spoons, and food storage container for leftovers. Food/material fee: \$48. *No class 6/8.

A Yummy Future

El Dorado Park West

| | | | | | |
|-------|----------|-----------|--------------|----|-------|
| 32001 | 7-12 Yrs | 6/1-6/22* | 12-1:15 p.m. | Sa | \$100 |
| 32002 | 7-12 Yrs | 7/6-7/27 | 12-1:15 p.m. | Sa | \$100 |
| 32003 | 7-12 Yrs | 8/3-8/24 | 12-1:15 p.m. | Sa | \$100 |

DANCE

BALLET/TAP COMBO

An introduction to ballet and tap fundamentals, as well as proper form and technique. Great for the beginner to intermediate dancer achieving proper body placement, basic concept, turns and leaps while learning fun routines to perform. Tap and ballet shoes recommended. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 7/3.

Anne Pennypacker

Marina Community Center

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|-------|----------|------------|----------------|---|------|
| 32613 | 5-10 Yrs | 6/19-7/24* | 3:45-4:30 p.m. | W | \$67 |
|-------|----------|------------|----------------|---|------|

CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach.

Joaquin Feliciano

Long Beach Dance Academy

| | | | | | |
|-------|-----------|----------|-----------------------|----|------|
| 32158 | 4-10 Yrs | 6/1-6/22 | 10:30-11:30 a.m. | Sa | \$40 |
| 32159 | 4-10 Yrs | 7/6-7/27 | 10:30-11:30 a.m. | Sa | \$40 |
| 32160 | 4-10 Yrs | 8/3-8/24 | 10:30-11:30 a.m. | Sa | \$40 |
| 32155 | 11-17 Yrs | 6/1-6/22 | 11:30 a.m.-12:30 p.m. | Sa | \$40 |
| 32156 | 11-17 Yrs | 7/6-7/27 | 11:30 a.m.-12:30 p.m. | Sa | \$40 |
| 32157 | 11-17 Yrs | 8/3-8/24 | 11:30 a.m.-12:30 p.m. | Sa | \$40 |

HIP HOP



A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker

Los Alamitos Community Center

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|-------|----------|-----------|-----------------|---|------|
| 32614 | 5-12 Yrs | 6/10-7/15 | 3:45 -4:30 p.m. | M | \$67 |
|-------|----------|-----------|-----------------|---|------|

MEXICAN FOLK DANCE

Class will have step by step footwork in various dances from Mexico and Spain. Wear shorts or dance wear for flexibility (no jeans or sandals, must wear closed toe shoes and hair needs to be pulled back from face). Pre-registration is encouraged. Shows will count as a class meeting. *No class: 6/19, 6/22, 7/3 & 7/6.

Irene Portillo

Veterans Park

| | | | | | | |
|-------|---------|-----------|-----------|------------------|----|------|
| 32409 | Beg | 5-11 Yrs | 6/8-8/10* | 9-9:45 a.m. | Sa | \$70 |
| 32410 | Int | 7-17 Yrs | 6/8-8/10* | 9:45-10:30 a.m. | Sa | \$70 |
| 32411 | Int/Adv | 10-17 Yrs | 6/8-8/10* | 10:30-11:15 a.m. | Sa | \$70 |
| 32408 | Adv | 12-17 Yrs | 6/8-8/10* | 11:15 a.m.-noon | Sa | \$70 |
| 32412 | Adv | 12-17 Yrs | 6/12-8/7* | 6-7 p.m. | W | \$85 |

MUSICAL THEATRE

Calling all entertainers! Casting now...Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. For more information, visit: www.annepenny-packerdance.com.

Anne Pennypacker

33166 5-12 Yrs 6/11-7/9 4:15-5 p.m. Tu \$67

Recreation Park

PRINCESS DANCE

Join the fun by dancing magical adventures and pretending to be a fairy princess, dancing swans, sleeping beauty and more! Through stories and imagination we will create beautiful dances in a creative environment. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker

32621 4-7 Yrs 6/10-7/8 5:15-6 p.m. M \$67

Los Alamitos Community Center

ENRICHMENT

MATH DEVELOPMENT 2-6

Skills gaps are identified through testing. Teachers structure a program to reinforce skills in addition, subtraction, multiplication, division, fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skill to increase confidence. For information call: (949)-263-0633. Testing and material fee: \$20. Class held on Tu, W and Th meets at Heartwell Junior Golf, MW class meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 7/4.

Readwrite Educational Solution Inc.

LB Community Resource Center

32579 6 Yrs 6 Mos-11 Yrs 6/24-7/17 5:10-5:55 p.m. M W \$79

32580 6 Yrs 6 Mos-11 Yrs 7/24-8/19 5:10-5:55 p.m. M W \$79

Readwrite Educational Solution Inc.

Heartwell Junior Golf

32581 6 Yrs 6 Mos-11 Yrs 6/25-7/11* 5:10-5:55 p.m. Tu W Th \$79

32582 6 Yrs 6 Mos-11 Yrs 7/16-7/31 5:10-5:55 p.m. Tu W Th \$79

32583 6 Yrs 6 Mos-11 Yrs 8/6-8/21 5:10-5:55 p.m. Tu W Th \$79

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Teachers test, structure and implement your child's program. For information call: (949)-263-0633. Testing and material fee: \$20. Class on Tu, W, Th meets at Heartwell Junior Golf, class on MW meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 7/4.

Readwrite Educational Solution Inc.

LB Community Resource Center

32588 6 Yrs 6 Mos-11 Yrs 6/24-7/17 4:20-5:05 p.m. M W \$79

32589 6 Yrs 6 Mos-11 Yrs 7/24-8/19 4:20-5:05 p.m. M W \$79

Readwrite Educational Solution Inc.

Heartwell Junior Golf

32590 6 Yrs 6 Mos-11 Yrs 6/26-7/10* 4:20-5:05 p.m. Tu W Th \$79

32591 6 Yrs 6 Mos-11 Yrs 7/16-7/31 4:20-5:05 p.m. Tu W Th \$79

32603 6 Yrs 6 Mos-11 Yrs 8/6-8/21 4:20-5:05 p.m. Tu W Th \$79

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Teachers test, structure and implement your child's program. For information call: (949)-263-0633. Testing and material fee: \$20. Tu, W, Th class meets at Heartwell Junior Golf, MW class meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 7/4.

Readwrite Educational Solution Inc.

LB Community Resource Center

32592 4 Yrs 6 mos-7 Yrs 6/24-7/17 3:30-4:15 p.m. M W \$79

32593 4 Yrs 6 mos-7 Yrs 7/24-8/19 3:30-4:15 p.m. M W \$79

Readwrite Educational Solution Inc.

Heartwell Junior Golf

32594 4 Yrs 6 mos-7 Yrs 6/25-7/11* 3:30-4:15 p.m. Tu W Th \$79

32595 4 Yrs 6 mos-7 Yrs 7/16-7/31 3:30-4:15 p.m. Tu W Th \$79

32596 4 Yrs 6 mos-7 Yrs 8/6-8/21 3:30-4:15 p.m. Tu W Th \$79

SUMMER FOOD FREE LUNCHES

For Children ages 1-18

June 17-August 16, 2019 No lunch served on Thursday, July 4

Admiral Kidd Park

(562) 570-1600

Bixby Park

(562) 570-1601

California Recreation Center@ McBride Park

(562) 570-1605

Cesar E.Chavez Park

(562) 570-8890

Cherry Park

(562) 570-1615

Coolidge Park

(562) 570-1618

Davenport Park

(562) 570-1600

Drake Park

(562) 570-1625

Grace Park

(562) 570-1640

Houghton Park

(562) 570-1640

MacArthur Park/ Homeland

(562) 570-1655

Martin Luther King, Jr. Park

(562) 570-1655

Orizaba Park

(562) 570-8688

Pan American Park

(562) 570-1660

Ramona Park

(562) 570-1665

Scherer Park

(562) 570-1674

Seaside/14th Park

(562) 570-5126

Silverado Park

(562) 570-1675

Somerset Park

(562) 570-8915

Springdale Apts

closed sites to the public

(562) 570-1675

Stearns Champions Park

(562) 570-1685

Veterans Park

(562) 570-1695

Menus and times served are available on the City of Long Beach website. For more information, contact the Summer Food Office at (562) 570-3535 or visit

www.longbeach.gov/park/recreation/youth_n_teen_programs/usda_summer_food_program.asp

SPEED READING AND VOCABULARY BUILDING

Read two to ten times faster and maintain or improve reading comprehension. Students will learn the keys to unlocking the meaning and spelling of words. Testing and material fee: \$40. Grades 6-11.

[Readwrite Educational Solution Inc.](#)

[Heartwell Junior Golf](#)

| | | | | | |
|-------|-----------|----------|-----------|----|------|
| 32601 | 11-16 Yrs | 7/13-8/3 | 9-11 a.m. | Sa | \$79 |
|-------|-----------|----------|-----------|----|------|

STUDY SKILLS AND TEST TAKING TECHNIQUES

Be more productive during school and study time. Learn effective note taking skills, study techniques and smart approaches to test taking. Testing and material fee: \$25. Grades 6-11.

[Readwrite Educational Solution Inc.](#)

[Heartwell Junior Golf](#)

| | | | | | |
|-------|-----------|----------|-----------------------|----|------|
| 32602 | 11-16 Yrs | 7/13-8/3 | 11:10 a.m.-12:40 p.m. | Sa | \$65 |
|-------|-----------|----------|-----------------------|----|------|

MUSIC

EXPLORING INSTRUMENTS

This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|----------|-----------|-------------|---|------|
| 32190 | 7-11 Yrs | 6/19-7/24 | 4-4:50 p.m. | W | \$90 |
|-------|----------|-----------|-------------|---|------|

GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|----------|-----------|-------------|----|------|
| 32191 | 7-12 Yrs | 6/18-7/23 | 4-4:50 p.m. | Tu | \$95 |
|-------|----------|-----------|-------------|----|------|

GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

[Daniel Howe](#)

[Whaley Park](#)

| | | | | | |
|-------|----------|-----------|----------------|---|------|
| 31986 | 8-17 Yrs | 6/12-7/10 | 6:30-7:30 p.m. | W | \$65 |
|-------|----------|-----------|----------------|---|------|

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|-------|----------|-----------|----------------|---|------|
| 31987 | 8-17 Yrs | 7/31-8/28 | 6:30-7:30 p.m. | W | \$65 |
|-------|----------|-----------|----------------|---|------|

KEYBOARD KIDS

Children will be guided through a variety of engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard techniques will be taught as well as simple melodies. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|---------|-----------|-------------|----|------|
| 32192 | 5-6 Yrs | 6/18-7/23 | 3-3:50 p.m. | Tu | \$95 |
|-------|---------|-----------|-------------|----|------|

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|-------|---------|-----------|---------------|----|------|
| 32193 | 5-6 Yrs | 6/22-7/27 | 11-11:50 a.m. | Sa | \$95 |
|-------|---------|-----------|---------------|----|------|

ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists...learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

[Jammin' Music Inc.](#)

[Jammin' Music and Arts](#)

| | | | | | |
|-------|----------|-----------|-------------|---|------|
| 32198 | 8-14 Yrs | 6/21-7/26 | 5-5:50 p.m. | F | \$85 |
|-------|----------|-----------|-------------|---|------|

SPORTS

B-BALLERS HOOPS SCHOOL - LITTLE BALLERS NEXT LEVEL **NEW**

The players are taken to the next level by learning the basketball fundamentals of dribbling, passing, shooting, and footwork through more advanced drills. At this level the concept of "teamwork" is introduced through basketball games with and against each other to help develop their playing skills. Please bring water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach.

[B-Ballers Hoops School](#)

[Newcomb Academy](#)

| | | | | | |
|-------|----------|----------|--------------|----|------|
| 32016 | 4-12 Yrs | 6/8-6/29 | 12:30-2 p.m. | Sa | \$90 |
|-------|----------|----------|--------------|----|------|

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|-------|----------|----------|--------------|----|------|
| 32017 | 4-12 Yrs | 7/6-7/27 | 12:30-2 p.m. | Sa | \$90 |
|-------|----------|----------|--------------|----|------|

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|-------|----------|----------|--------------|----|------|
| 32018 | 4-12 Yrs | 8/3-8/24 | 12:30-2 p.m. | Sa | \$90 |
|-------|----------|----------|--------------|----|------|

B-BALLERS HOOPS BASKETBALL CLINIC

Develop teamwork, confidence, basketball skills: dribbling, passing, shooting, ball handling, footwork, and defense for the first half of class. The second half of class allows kids to play full or half court games for game time experience. Intense, real-world guidance adds fun for those who love the game. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach. *No class: 6/16.

[B-Ballers Hoops School](#)

[Newcomb Academy](#)

| | | | | | |
|-------|----------|-----------|----------|----|------|
| 32566 | 5-12 Yrs | 6/2-6/30* | 3-4 p.m. | Su | \$85 |
|-------|----------|-----------|----------|----|------|

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|-------|----------|----------|----------|----|------|
| 32567 | 5-12 Yrs | 7/7-7/28 | 3-4 p.m. | Su | \$85 |
|-------|----------|----------|----------|----|------|

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|-------|----------|----------|----------|----|------|
| 32568 | 5-12 Yrs | 8/4-8/25 | 3-4 p.m. | Su | \$85 |
|-------|----------|----------|----------|----|------|

B-BALLERS HOOPS GAME TIME BASKETBALL **NEW**

Play team basketball against other players. Develop teamwork, confidence, and fundamental basketball skills. Teams divided by age groups. Practices held on Mondays and Fridays, games every Saturday. Evaluations held on the first Saturday of each session. Full teams are welcome to sign up. Cost is per player. Online registration is recommended prior to first class. To volunteer coach please email bballershoops@gmail.com. Material fee: \$20 due at first class. Class held at Hoover Middle School, 3501 Country Club Dr., Lakewood.

[B-Ballers Hoops School](#)

[Hoover Middle School](#)

| | | | | | |
|-------|----------|----------|--------------|----|-------|
| 33060 | 6-17 Yrs | 6/8-6/29 | 12:30-2 p.m. | Sa | \$150 |
|-------|----------|----------|--------------|----|-------|

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|-------|----------|----------|--------------|----|-------|
| 33061 | 6-17 Yrs | 7/6-7/27 | 12:30-2 p.m. | Sa | \$150 |
|-------|----------|----------|--------------|----|-------|

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|-------|----------|-----------|--------------|----|-------|
| 33062 | 6-17 Yrs | 8/10-8/31 | 12:30-2 p.m. | Sa | \$150 |
|-------|----------|-----------|--------------|----|-------|

B-BALLERS HOOPS NBA BASKETBALL EXPERIENCE **NEW**

A basketball fundamentals class that kids love! Sessions will cover basketball training and fundamentals: footwork, passing, dribbling, shooting, and games. Your child will also learn how to play together as a team from former NBA player Olden Polynice. Classes are fun for younger players. Material fee: \$20 due on the first day of class. Class held at Hoover Middle School, 3501 Country Club Dr., Lakewood.

[B-Ballers Hoops School](#)

[Hoover Middle School](#)

| | | | | | |
|-------|----------|----------|-------------|---|-------|
| 33054 | 5-10 Yrs | 6/3-6/24 | 5-6:30 p.m. | M | \$150 |
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|-------|----------|----------|-------------|---|-------|
| 33056 | 5-10 Yrs | 7/8-7/29 | 5-6:30 p.m. | M | \$150 |
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|-------|----------|----------|-------------|---|-------|
| 33057 | 5-10 Yrs | 8/5-8/26 | 5-6:30 p.m. | M | \$150 |
|-------|----------|----------|-------------|---|-------|

B-BALLERS HOOPS SCHOOL BASKETBALL

Coach Greg and his coaches help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance with fun for those who love the game. Material fee: \$20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. *No class: 6/16.

[B-Ballers Hoops School](#)

[Wilson High School](#)

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|-------|----------|-----------|----------|----|------|
| 32019 | 5-12 Yrs | 6/2-6/30* | 3-4 p.m. | Su | \$70 |
|-------|----------|-----------|----------|----|------|

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|-------|----------|----------|----------|----|------|
| 32020 | 5-12 Yrs | 7/7-7/28 | 3-4 p.m. | Su | \$70 |
|-------|----------|----------|----------|----|------|

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|-------|----------|----------|----------|----|------|
| 32021 | 5-12 Yrs | 8/4-8/25 | 3-4 p.m. | Su | \$70 |
|-------|----------|----------|----------|----|------|

AB BEGINNING GYMNASTICS

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and help their performance in other sports and activities. 4 week session \$65; 5 week session \$80. *No class: 8/13.

[Aerial Butterflies LLC](#)

[Wardlow Park](#)

| | | | | | |
|-------|----------|----------|-----------------|----|------|
| 32131 | 4-12 Yrs | 6/1-6/29 | 11:15 a.m.-noon | Sa | \$80 |
|-------|----------|----------|-----------------|----|------|

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|-------|----------|----------|----------------|----|------|
| 32128 | 4-12 Yrs | 6/4-6/25 | 3:45-4:30 p.m. | Tu | \$65 |
|-------|----------|----------|----------------|----|------|

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|-------|----------|----------|----------------|----|------|
| 32129 | 4-12 Yrs | 7/2-7/30 | 3:45-4:30 p.m. | Tu | \$80 |
|-------|----------|----------|----------------|----|------|

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|-------|----------|----------|-----------------|----|------|
| 32132 | 4-12 Yrs | 7/6-7/27 | 11:15 a.m.-noon | Sa | \$65 |
|-------|----------|----------|-----------------|----|------|

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|-------|----------|----------|-----------------|----|------|
| 32133 | 4-12 Yrs | 8/3-8/31 | 11:15 a.m.-noon | Sa | \$80 |
|-------|----------|----------|-----------------|----|------|

| | | | | | |
|-------|----------|-----------|----------------|----|------|
| 32130 | 4-12 Yrs | 8/6-8/27* | 3:45-4:30 p.m. | Tu | \$50 |
|-------|----------|-----------|----------------|----|------|

AB INTERMEDIATE GYMNASTICS

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and help their performance in other sports and activities. Requirements: Cartwheel, backbend, pull up/pull over on bar, vault squat on. 4 week session \$65; 5 week session \$80. *No class: 8/13.

[Aerial Butterflies LLC](#)

[Wardlow Park](#)

| | | | | | |
|-------|----------|----------|----------------|----|------|
| 32134 | 6-17 Yrs | 6/4-6/25 | 4:30-5:30 p.m. | Tu | \$65 |
|-------|----------|----------|----------------|----|------|

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|-------|----------|----------|----------------|----|------|
| 32135 | 6-17 Yrs | 7/2-7/30 | 4:30-5:30 p.m. | Tu | \$80 |
|-------|----------|----------|----------------|----|------|

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|-------|----------|-----------|----------------|----|------|
| 32136 | 6-17 Yrs | 8/6-8/27* | 4:30-5:30 p.m. | Tu | \$50 |
|-------|----------|-----------|----------------|----|------|

BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood. *No class: 7/3, 7/4 & 7/6.

Ice Management LLC

| | | | | | |
|-------|----------|------------|------------------|----|------|
| 32375 | 7-14 Yrs | 5/29-6/19 | 6:40-7:10 p.m. | W | \$45 |
| 32376 | 7-14 Yrs | 5/30-6/20 | 4:30-5 p.m. | Th | \$45 |
| 32377 | 7-14 Yrs | 6/1-6/22 | 11:15-11:45 a.m. | Sa | \$45 |
| 32378 | 7-14 Yrs | 6/26-7/24* | 6:40-7:10 p.m. | W | \$45 |
| 32379 | 7-14 Yrs | 6/27-7/25* | 4:30-5 p.m. | Th | \$45 |
| 32380 | 7-14 Yrs | 6/29-7/27* | 11:15-11:45 a.m. | Sa | \$45 |
| 32381 | 7-14 Yrs | 7/31-8/21 | 6:40-7:10 p.m. | W | \$45 |
| 32382 | 7-14 Yrs | 8/1-8/22 | 4:30-5 p.m. | Th | \$45 |
| 32383 | 7-14 Yrs | 8/3-8/24 | 11:15-11:45 a.m. | Sa | \$45 |

The Rinks Lakewood Ice

BREAKTHROUGH SPORTS – LITTLE HOOPERS NEW

Developed with one objective in mind: Instill the fundamentals of basketball in a fun environment. Little Hoopers consists of four sessions, each session focusing on a basketball fundamental including; dribbling, passing, shooting and defense. Each Little Hooper will receive a shooting shirt and an activity workbook.

Breakthrough Sports

| | | | | | |
|-------|---------|----------|--------------|----|------|
| 33312 | 3-7 Yrs | 6/9-6/30 | 11 a.m.-noon | Su | \$65 |
| 33313 | 3-7 Yrs | 8/4-8/25 | 11 a.m.-noon | Su | \$65 |

Silverado Park

BREAKTHROUGH SPORTS – TRAINING ACADEMY NEW

Elite training for youth basketball players of all skill levels. Breakthrough Sports has professional coaches including former NBA players to help improve mechanics, basketball IQ and most of all, confidence. *No Class 7/4.

Breakthrough Sports

| | | | | | |
|-------|-----------|-----------|----------|----|------|
| 33314 | 6-9 Yrs | 6/6-6/27 | 7-8 p.m. | Th | \$52 |
| 33315 | 6-9 Yrs | 7/11-8/1* | 7-8 p.m. | Th | \$52 |
| 33316 | 6-9 Yrs | 8/8-8/29 | 7-8 p.m. | Th | \$52 |
| 33317 | 10-14 Yrs | 6/6-6/27 | 8-9 p.m. | Th | \$52 |
| 33318 | 10-14 Yrs | 7/11-8/1* | 8-9 p.m. | Th | \$52 |
| 33319 | 10-14 Yrs | 8/8-8/29 | 8-9 p.m. | Th | \$52 |

Silverado Park

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels to enhance your basketball skills. Work on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20. *No class: 6/16.

James Christian

| | | | | | |
|-------|----------|-----------|-------------|----|------|
| 32037 | 7-14 Yrs | 6/2-7/7* | noon-1 p.m. | Su | \$70 |
| 32038 | 7-14 Yrs | 7/28-8/25 | noon-1 p.m. | Su | \$70 |

Pan American Park

GYMNASTICS - BEGINNING

Teaches the fundamentals of the four Olympic artistic gymnastics events-floor exercise, uneven para bars, balance beam and vaulting table. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom

| | | | | | |
|-------|----------|----------|-------------|----|------|
| 31934 | 6-17 Yrs | 6/4-6/25 | 5-5:50 p.m. | Tu | \$48 |
| 31936 | 6-17 Yrs | 6/6-6/27 | 5-5:50 p.m. | Th | \$48 |
| 31935 | 6-17 Yrs | 8/6-8/27 | 5-5:50 p.m. | Tu | \$48 |
| 31937 | 6-17 Yrs | 8/8-8/29 | 5-5:50 p.m. | Th | \$48 |

Wilson High School

GYMNASTICS - INTERMEDIATE

Teaches the fundamentals of the four Olympic artistic gymnastics events-floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom

| | | | | | |
|-------|----------|----------|----------------|-------|------|
| 31938 | 6-17 Yrs | 6/4-6/27 | 5:50-6:40 p.m. | Tu Th | \$84 |
| 31939 | 6-17 Yrs | 8/6-8/29 | 5:50-6:40 p.m. | Tu Th | \$84 |

Wilson High School

GYMNASTICS - ADVANCED

Teaches the fundamentals of the four Olympic artistic gymnastics events-floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Cheryl Milgrom

| | | | | | |
|-------|----------|----------|----------------|-------|-------|
| 31932 | 6-17 Yrs | 6/4-6/27 | 6:45-8:15 p.m. | Tu Th | \$120 |
| 31933 | 6-17 Yrs | 8/6-8/29 | 6:45-8:15 p.m. | Tu Th | \$120 |

Wilson High School

Free! Summer Fun Days

Children ages 5-12 can visit their neighborhood park for fun activities including sports, games, arts and crafts, and special events. This is a drop in program with no custodial child care. Each site is open for six hours of structured fun.

***Extended recreation hours**
with the Be SAFE program,
6 p.m.-9 p.m.

Summer Activities in
a Friendly Environment! Visit:
www.LBPARKS.ORG
for details.

Monday through Friday

June 17 - August 23*, 2019
11 a.m.- 5 p.m.

Call each park for schedule of activities

| | | | |
|----------------|----------|-------------------|----------|
| Admiral Kidd* | 570-1600 | Pan American* | 570-1660 |
| Bixby* | 570-1601 | Ramona* | 570-1665 |
| Chavez | 570-8890 | Scherer* | 570-8688 |
| Coolidge | 570-1618 | Seaside* | 570-5126 |
| DeForest | 570-1620 | Silverado* | 570-1675 |
| Drake* | 570-1625 | Somerset | 570-8915 |
| El Dorado West | 570-3225 | Stearns Champions | 570-1685 |
| King Park* | 570-4405 | Wardlow | 570-1706 |
| MacArthur | 570-1655 | Veterans | 570-1695 |
| McBride | 570-1605 | Whaley | 570-1710 |
| Orizaba Park* | 570-1427 | | |

HORSE FUN

We teach your child safety, basic horsemanship, haltering, grooming, saddling and we ride horses! Wear riding boots, jeans and riding helmet. Material fee: \$30 due to instructor at start of class. No unregistered siblings. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

| | | | | | |
|-------|----------|-----------|----------|----|------|
| 32075 | 7-12 Yrs | 6/8-6/29 | 2-3 p.m. | Sa | \$85 |
| 32076 | 7-12 Yrs | 7/13-8/3 | 2-3 p.m. | Sa | \$85 |
| 32080 | 7-12 Yrs | 8/10-8/31 | 2-3 p.m. | Sa | \$85 |

El Rodeo Stables

ICE HOCKEY

Required: Four weeks in Beginning Ice Skating and evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood. *No class: 7/4 & 7/6.

Ice Management LLC

| | | | | | |
|-------|----------|------------|------------------|----|------|
| 32390 | 7-18 Yrs | 5/30-6/20 | 5:30-6 p.m. | Th | \$45 |
| 32391 | 7-18 Yrs | 6/1-6/22 | 11:15-11:45 a.m. | Sa | \$45 |
| 32392 | 7-18 Yrs | 6/27-7/25* | 5:30-6 p.m. | Th | \$45 |
| 32393 | 7-18 Yrs | 6/29-7/27* | 11:15-11:45 a.m. | Sa | \$45 |
| 32394 | 7-18 Yrs | 8/1-8/22 | 5:30-6 p.m. | Th | \$45 |
| 32395 | 7-18 Yrs | 8/3-8/24 | 11:15-11:45 a.m. | Sa | \$45 |

The Rinks Lakewood Ice

JUJITSU

Self defense for children; students learn escapes, throws, and holds while developing better listening skills, coordination, and self-confidence from one-on-one instruction with 40 years of self defense experience. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 6/21, 7/3, 7/5.

Russell Kelley

| | | | | | |
|-------|----------|-----------|----------------|-------|------|
| 31973 | 6-12 Yrs | 6/3-6/28* | 5:30-6:30 p.m. | M W F | \$45 |
| 31974 | 6-12 Yrs | 7/1-7/31* | 5:30-6:30 p.m. | M W F | \$45 |
| 31975 | 6-12 Yrs | 8/2-8/30 | 5:30-6:30 p.m. | M W F | \$45 |

Stearns Champions Park

KARATE

This traditional Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of Karate will help children develop discipline and respect. Consistent training helps students become stronger and more confident. Karate will teach students the customs and courtesies of the Japanese culture.

Jony Martinez

| | | | | | |
|-------|----------|----------|----------|-------|------|
| 31943 | 5-12 Yrs | 6/3-6/28 | 6-7 p.m. | M W F | \$75 |
| 31944 | 5-12 Yrs | 7/1-7/31 | 6-7 p.m. | M W F | \$75 |
| 31945 | 5-12 Yrs | 8/2-8/30 | 6-7 p.m. | M W F | \$75 |

Cesar Chavez Park



MIXED MARTIAL ARTS-WHITE BELT

Be safe and get fit! Your child will become "bully-proof" by training in Muay Thai kickboxing, wrestling, and Brazilian Jiu Jitsu. Students learn to respect themselves and others as they grow confident with the martial arts skills they learn. Each class will have sparring and drills to assist students in becoming "comfortable with being uncomfortable." Instagram: Schools of Self Defense. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

| | | | | | |
|-------|----------|----------|----------|------|------|
| 31914 | 6-12 Yrs | 6/6-6/28 | 6-7 p.m. | Th F | \$50 |
| 31915 | 6-12 Yrs | 7/5-7/26 | 6-7 p.m. | Th F | \$50 |
| 31916 | 6-12 Yrs | 8/1-8/30 | 6-7 p.m. | Th F | \$50 |

El Dorado Park West

MIXED MARTIAL ARTS-UPPER BELT

Be safe and get fit! Your child will become "bully-proof" by training in Muay Thai kickboxing, wrestling, and Brazilian Jiu Jitsu. Students learn to respect themselves and others as they grow confident with the martial arts skills they learn. Each class will have sparring and drills to assist students in becoming "comfortable with being uncomfortable." Instagram: Schools of Self Defense. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

| | | | | | |
|-------|----------|----------|----------|------|------|
| 31917 | 6-18 Yrs | 6/6-6/28 | 7-8 p.m. | Th F | \$50 |
| 31918 | 6-18 Yrs | 7/5-7/26 | 7-8 p.m. | Th F | \$50 |
| 31919 | 6-18 Yrs | 8/1-8/30 | 7-8 p.m. | Th F | \$50 |

El Dorado Park West

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. Shotokan is not only self defense karate but discipline of the mind. Students develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size).

Antonio Silva

| | | | | | |
|-------|----------|----------|----------|------|------|
| 31872 | 5-17 Yrs | 6/1-6/29 | 6-7 p.m. | F Sa | \$50 |
| 31873 | 5-17 Yrs | 7/5-7/27 | 6-7 p.m. | F Sa | \$50 |
| 31874 | 5-17 Yrs | 8/2-8/24 | 6-7 p.m. | F Sa | \$50 |

Bixby Park

SOCCER 1- TECHNIQUES AND TEAMWORK

Develop dribbling, passing, defense and shooting skills! Fun games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. *No class: 7/5.

Kidz Love Soccer

| | | | | | |
|-------|---------|------------|------------------|----|-------|
| 32209 | 5-6 Yrs | 6/28-8/23* | 3:45-4:30 p.m. | F | \$114 |
| 32210 | 5-6 Yrs | 7/13-8/24 | 11:05-11:50 a.m. | Sa | \$103 |
| 32211 | 5-6 Yrs | 7/13-8/24 | 11:15 a.m.-noon | Sa | \$103 |

Good Neighbor Park

College Estates Park

Support Your Long Beach Municipal Band

The Long Beach Municipal Band celebrates its 110th year of continuously entertaining the Long Beach Community.

The Band plays on because of your support! Donate online today at partnersofparks.org. Click "Partners" then "Municipal Band".

Please consider a recurring monthly or one-time gift.

Thanks for supporting the Long Beach Municipal Band.

Performing since 1909.



SOCCER 2- SKILLZ AND SCRIMMAGES

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! Shin guards are required. All participants receive a soccer jersey.

Kidz Love Soccer

32212 7-10 Yrs 7/13-8/24 noon-12:45 p.m.. Sa \$103



College Estates Park

SUMMERTIME HORSE FUN AT THE RANCH

Spend your summer with quality activities! Two days of fun in the sun at the ranch! Learn how to work with horses on the ground! Saddle! Ride! Crafts! Nature hikes! Meet new friends! No unregistered siblings. Wear riding boots, jeans and riding helmet. No open toed shoes for guests. Material fee: \$30 due to instructor at start of class. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

| | | | | | |
|-------|----------|-----------|---------------|------|-------|
| 32181 | 5-13 Yrs | 6/5-6/6 | 9 a.m.-1 p.m. | W Th | \$100 |
| 32185 | 5-13 Yrs | 6/12-6/13 | 9 a.m.-1 p.m. | W Th | \$100 |
| 32186 | 5-13 Yrs | 6/19-6/20 | 9 a.m.-1 p.m. | W Th | \$100 |
| 32187 | 5-13 Yrs | 6/26-6/27 | 9 a.m.-1 p.m. | W Th | \$100 |
| 32188 | 5-13 Yrs | 7/10-7/11 | 9 a.m.-1 p.m. | W Th | \$100 |
| 32189 | 5-13 Yrs | 7/17-7/18 | 9 a.m.-1 p.m. | W Th | \$100 |

El Rodeo Stables

TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports

32338 5-7 Yrs 6/24-8/12 6:15-7 p.m. M \$105

Good Neighbor Park

TGA PREMIER VOLLEYBALL **NEW**

TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills + games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. In this entertaining, supportive environment students also participate in STEAM labs that allow them to explore academic concepts like gravity, geometry and force throughout the game. Material fee: \$7. *No class: 7/7.

TGA Premier Sports

| | | | | | |
|-------|----------|------------|----------|----|------|
| 33138 | 5-12 Yrs | 6/2-6/23 | 3-4 p.m. | Su | \$65 |
| 33141 | 5-12 Yrs | 6/30-7/28* | 3-4 p.m. | Su | \$65 |
| 33142 | 5-12 Yrs | 8/4-8/25 | 3-4 p.m. | Su | \$65 |

Pan American Park

TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Material fee (new students): \$5. No class 6/8.

David Crockett

| | | | | | |
|-------|----------|----------|----------------|----|-------|
| 32051 | 5-14 Yrs | 6/1-8/31 | 10-11 a.m. | Sa | \$130 |
| 32052 | 5-14 Yrs | 6/5-8/28 | 4:30-5:30 p.m. | W | \$130 |

El Dorado Park West

Recreation Park

TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday. *No class: 6/8.

David Crockett

| | | | | | |
|-------|----------|-----------|----------------|----|-------|
| 32054 | 8-17 Yrs | 6/1-8/31* | 9-10 a.m. | Sa | \$140 |
| 32053 | 8-17 Yrs | 6/5-8/28 | 5:30-6:30 p.m. | W | \$140 |

El Dorado Park West

Recreation Park

M & M Surf School

surfingschool.com

LEARN TO SURF 5 DAY CAMP

Marine Biology

Lessons are offered
year-round

Seven days a week
Mon - Fri 8 a.m.- 2 p.m.
Sat and Sun 8 a.m. - Noon

Private - group rates

Hourly - Daily - Weekly - Monthly



Step by step
skill development

With "safety first" motto

Expert instructions in a
fun atmosphere

The Best for LESS

Call 714 U GO-SURF

Free Loaner Board & Wetsuit: Call 714-846-7873

TEEN CLASSES

CAMPS

BIXBY CLAY CAMP



Offers young artists a unique and exciting program that teaches teens fundamentals of ceramics through sculpting, handbuilding, and glazing. Artists are welcome to join us for our one week session that starts in July. Parents please provide non-perishable snack and water. All tools and materials will be provided.

Anita Sinclair

32578 12-16 Yrs 7/29-8/2 1-4 p.m.

Bixby Park

M Tu W Th F \$150

LEARN TO ROW CAMP

Come learn to row with the Long Beach Junior Crew at Marine Stadium, home of the 1932 Olympics. Participants will learn boat handling, water safety, rowing techniques and sportsmanship through practice and competition. We promote responsibility, fitness, and perseverance. Class held at Marine Stadium, 5750 Boathouse Lane, Long Beach. *No class: 7/4.

Long Beach Junior Crew

Pete Archer Rowing Center

| | | | | | |
|-------|-----------|-----------|-----------------------|-------------|-------|
| 31956 | 12-18 Yrs | 6/17-6/28 | 8-10 a.m. | M Tu W Th F | \$350 |
| 31957 | 12-18 Yrs | 6/17-6/28 | 10:30 a.m.-12:30 p.m. | M Tu W Th F | \$350 |
| 31958 | 12-18 Yrs | 6/17-6/28 | 1:30-3:30 p.m. | M Tu W Th F | \$350 |
| 31959 | 12-18 Yrs | 7/1-7/12* | 8-10 a.m. | M Tu W Th F | \$350 |
| 31960 | 12-18 Yrs | 7/1-7/12* | 10:30 a.m.-12:30 p.m. | M Tu W Th F | \$350 |
| 31961 | 12-18 Yrs | 7/1-7/12* | 1:30-3:30 p.m. | M Tu W Th F | \$350 |
| 31962 | 12-18 Yrs | 7/15-7/26 | 8-10 a.m. | M Tu W Th F | \$350 |
| 31963 | 12-18 Yrs | 7/15-7/26 | 10:30 a.m.-12:30 p.m. | M Tu W Th F | \$350 |
| 31964 | 12-18 Yrs | 7/15-7/26 | 1:30-3:30 p.m. | M Tu W Th F | \$350 |
| 31965 | 12-18 Yrs | 7/29-8/9 | 8-10 a.m. | M Tu W Th F | \$350 |
| 31966 | 12-18 Yrs | 7/29-8/9 | 10:30 a.m.-12:30 p.m. | M Tu W Th F | \$350 |
| 31967 | 12-18 Yrs | 7/29-8/9 | 1:30-3:30 p.m. | M Tu W Th F | \$350 |
| 31968 | 12-18 Yrs | 8/12-8/23 | 8-10 a.m. | M Tu W Th F | \$350 |
| 31969 | 12-18 Yrs | 8/12-8/23 | 10:30 a.m.-12:30 p.m. | M Tu W Th F | \$350 |
| 31970 | 12-18 Yrs | 8/12-8/23 | 1:30-3:30 p.m. | M Tu W Th F | \$350 |

TGA PREMIER LACROSSE CAMP NEW

TGA offers an unforgettable experience by providing youth certified instruction, station-based drills, games and scrimmages. Camps feature sport specific STEM labs and Friday games day for families to attend! Includes nutritional lunch, snacks, fun giveaways, and more. Learn to play, improve skills, make friends and camp memories! Add on optional before or after care. Class held at Little Cottonwood Park, 4000 Farquhar Ave., Los Alamitos.

TGA Premier Sports

Little Cottonwood Park

| | | | | | |
|-------|----------|-----------|---------------|-------------|-------|
| 33157 | 9-15 Yrs | 6/24-6/28 | 9 a.m.-3 p.m. | M Tu W Th F | \$269 |
| 33158 | 9-15 Yrs | 7/29-8/2 | 9 a.m.-3 p.m. | M Tu W Th F | \$269 |

COOKING

BASIC COOKING FOR TEENS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$48. *No class 6/8.

A Yummy Future

El Dorado Park West

| | | | | | |
|-------|-----------|-----------|-------------|----|-------|
| 32004 | 12-18 Yrs | 6/1-6/22* | 2-3:15 p.m. | Sa | \$100 |
| 32005 | 12-18 Yrs | 7/6-7/27 | 2-3:15 p.m. | Sa | \$100 |
| 32006 | 12-18 Yrs | 8/3-8/24 | 2-3:15 p.m. | Sa | \$100 |

ENRICHMENT

DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School Inc

Online

| | | | | |
|-------|-----------|----------|-----|------|
| 32010 | 14-18 Yrs | 6/1-6/30 | Any | \$40 |
| 32011 | 14-18 Yrs | 7/1-7/31 | Any | \$40 |
| 32012 | 14-18 Yrs | 8/1-8/31 | Any | \$40 |

SPORTS

B-BALLERS HOOPS GAME TIME BASKETBALL

Game Time Basketball was created to allow your child a chance to play team basketball against other players. Players will develop teamwork, confidence, and fundamental basketball game skills. Teams will be divided by age groups. Practices will be held on Mondays and Fridays with a game every Saturday. Evaluations will be held on the first Saturday of each session. Full teams are welcome to sign up. Cost is per player. Online registration is recommended prior to first class. If you would like to volunteer coach please email bballershoots@gmail.com. Material fee: \$20 due at first class. Class held at Hoover Middle School, 3501 Country Club Dr., Lakewood.

B-Ballers Hoops School

Hoover Middle School

| | | | | | |
|-------|----------|-----------|--------------|----|-------|
| 33060 | 6-17 Yrs | 6/8-6/29 | 12:30-2 p.m. | Sa | \$150 |
| 33061 | 6-17 Yrs | 7/6-7/27 | 12:30-2 p.m. | Sa | \$150 |
| 33062 | 6-17 Yrs | 8/10-8/31 | 12:30-2 p.m. | Sa | \$150 |

B-BALLERS HOOPS NBA BASKETBALL EXPERIENCE

This will be a basketball fundamentals class that your player will love. Sessions will be four weeks of basketball training and fundamentals including footwork, passing, dribbling, shooting, and strength conditioning. Former NBA player Olden Polynice will show these players what it takes to get to the next level of their basketball futures. Classes will be a lot of fun for your younger players. Material fee: \$20 due on the first day of class. Class held at Hoover Middle School, 3501 Country Club Dr., Lakewood.

B-Ballers Hoops School

Hoover Middle School

| | | | | | |
|-------|-----------|----------|-------------|---|-------|
| 33055 | 11-16 Yrs | 6/7-6/28 | 5-6:30 p.m. | F | \$150 |
| 33058 | 11-16 Yrs | 7/5-7/26 | 5-6:30 p.m. | F | \$150 |
| 33059 | 11-16 Yrs | 8/9-8/30 | 5-6:30 p.m. | F | \$150 |

B-BALLERS HOOPS SCHOOL FUNDAMENTAL BASKETBALL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Prerequisite: must be able to dribble and shoot at regulation height basket. Material fee: \$20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. *No class: 6/16.

B-Ballers Hoops School

Wilson High School Gym

| | | | | | |
|-------|-----------|-----------|----------|----|------|
| 32022 | 13-17 Yrs | 6/2-6/30* | 4-5 p.m. | Su | \$70 |
| 32023 | 13-17 Yrs | 7/7-7/28 | 4-5 p.m. | Su | \$70 |
| 32024 | 13-17 Yrs | 8/4-8/25 | 4-5 p.m. | Su | \$70 |

BREAKTHROUGH SPORTS TRAINING ACADEMY **NEW**

The Breakthrough Sports Training Academy is elite training for youth basketball players of all skill levels at an affordable price. Breakthrough Sports has professional coaches including former NBA players to help improve mechanics, basketball IQ and most of all confidence. *No Class 7/4.

Breakthrough Sports

| | | | | | |
|-------|-----------|-----------|----------|----|------|
| 33317 | 10-14 Yrs | 6/6-6/27 | 8-9 p.m. | Th | \$52 |
| 33318 | 10-14 Yrs | 7/11-8/1* | 8-9 p.m. | Th | \$52 |
| 33319 | 10-14 Yrs | 8/8-8/29 | 8-9 p.m. | Th | \$52 |

Silverado Park

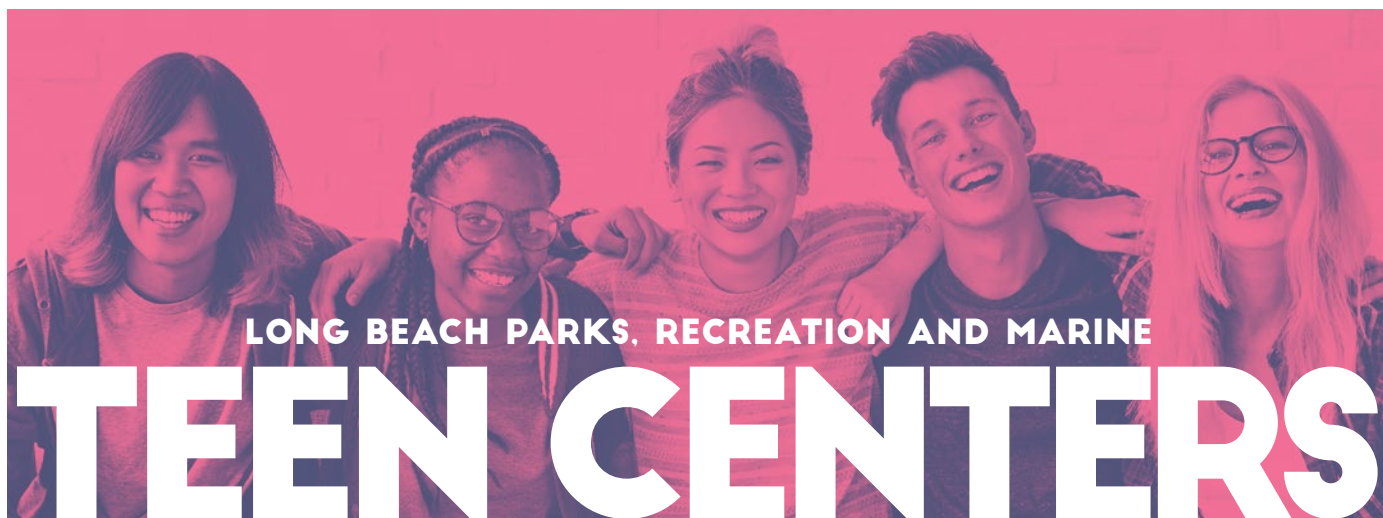
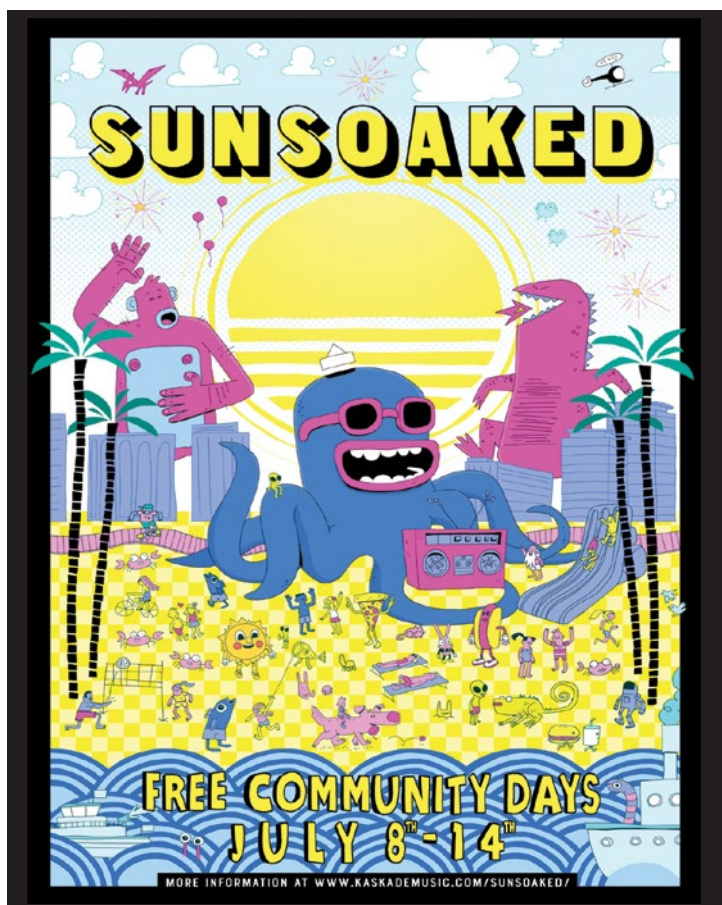
TGA PREMIER VOLLEYBALL **NEW**

Whether new to the game or an avid player, TGA makes it convenient and fun to learn or improve your skills. Certified instructors coach students in station-based drills and games that help develop fundamental skills of serving, passing, setting, blocking and spiking while promoting life lessons such as sportsmanship and leadership. In this entertaining, supportive environment students also participate in STEM labs that allow them to explore academic concepts like gravity, geometry and force throughout the game. Material fee: \$7. *No class: 7/7.

TGA Premier Sports

| | | | | | |
|-------|-----------|------------|----------------|----|------|
| 33139 | 13-17 Yrs | 6/2-6/23 | 4:30-5:30 p.m. | Su | \$65 |
| 33143 | 13-17 Yrs | 6/30-7/28* | 4:30-5:30 p.m. | Su | \$65 |
| 33144 | 13-17 Yrs | 8/4-8/25 | 4:30-5:30 p.m. | Su | \$65 |

Pan American Park



ADMIRAL KIDD PARK 2125 SANTA FE AVE. • **FREEMAN COMMUNITY** 1205 FREEMAN AVE.
HOUGHTON PARK TEMPORARILY LOCATED AT **COOLIDGE PARK** 352 NEECE ST.
CESAR CHAVEZ PARK 401 GOLDEN AVE. • **SILVERADO PARK** 1545 W. 31ST
McBRIDE PARK 1550 MARTIN LUTHER KING JR. AVE.

MAKE NEW FRIENDS • SPORTS • TOURNAMENTS • FIELD TRIPS • DINNER PROGRAM • FUN
RECREATIONAL ACTIVITIES • FITNESS CLASSES • TOURNAMENTS
HOMEWORK ASSISTANCE • VOLUNTEER OPPORTUNITIES • MEET NEW FRIENDS
VISIT WWW.LBPARKS.ORG

ADULT CLASSES

ADAPTIVE RECREATION

SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

Pre-registration required. Designed for the Special Needs Community. Skaters will learn to skate forward and backward with a qualified instructor and gain confidence to skate on their own. Fees includes skate rental, instruction and practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Class held at The Rinks Lakewood, 3975 Pixie Ave., Lakewood. *No class: 7/3 & 7/6.

Ice Management LLC

| | | | | | | The Rinks Lakewood Ice |
|-------|---------|------------|-----------------|----|------|------------------------|
| 32402 | 12 Yrs+ | 5/29-6/19 | 6:10-6:40 p.m. | W | \$45 | |
| 32403 | 12 Yrs+ | 6/1-6/22 | 9:45-10:15 a.m. | Sa | \$45 | |
| 32404 | 12 Yrs+ | 6/26-7/24* | 6:10-6:40 p.m. | W | \$45 | |
| 32405 | 12 Yrs+ | 6/29-7/27* | 9:45-10:15 a.m. | Sa | \$45 | |
| 32406 | 12 Yrs+ | 7/31-8/21 | 6:10-6:40 p.m. | W | \$45 | |
| 32407 | 12 Yrs+ | 8/3-8/24 | 9:45-10:15 a.m. | Sa | \$45 | |

ART AND CULTURAL

ADULT AND TEEN BEGINNING SEWING

Make an apron and learn about sewing machine use and maintenance, garment construction techniques, cutting and following pattern instructions, textiles and tools used for sewing. No prior sewing experience is needed. This session only open to adults and unaccompanied teens 14+. Class fee includes pattern and use of sewing machine. Visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc

| | | | | | | |
|-------|---------|----------|----------|-------|------|-----------------|
| 31863 | 14 Yrs+ | 7/16-8/1 | 2-5 p.m. | Tu Th | \$69 | Sew Vac Limited |
|-------|---------|----------|----------|-------|------|-----------------|

BEGINNING DIGITAL PHOTOGRAPHY

Great for owners of adjustable aperture and shutter digital cameras. Learn about focusing, exposure, white balance, ISO, and lenses for better photographs of your favorite subjects. Also learn about mega pixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Material fee: \$5.

Craig Fucile

| | | | | | | |
|-------|---------|---------|----------|---|------|---------------------|
| 32082 | 16 Yrs+ | 6/3-7/8 | 7-9 p.m. | M | \$65 | El Dorado Park West |
|-------|---------|---------|----------|---|------|---------------------|

BEGINNING SEWING - THE APRON

Make an apron and optional oven mitten and learn about machine use and maintenance, cutting, following pattern instructions, basic sewing techniques, textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit www.sewvac ltd.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 6/14, 6/25, 7/2, 7/4 & 7/5.

Sew Vac Inc

| | | | | | | |
|-------|---------|------------|-------------|-------|------|-----------------|
| 31864 | 18 Yrs+ | 6/7-7/19* | 2-4:30 p.m. | F | \$59 | Sew Vac Limited |
| 31865 | 18 Yrs+ | 6/18-7/11* | 6:30-9 p.m. | Tu Th | \$59 | |

BEGINNING SEWING - THE TOTE BAG

Make a zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 6/12 & 7/3.

Sew Vac Inc

| | | | | | | |
|-------|---------|-----------|----------|---|------|-----------------|
| 31869 | 18 Yrs+ | 6/5-7/24* | 6-9 p.m. | W | \$69 | Sew Vac Limited |
|-------|---------|-----------|----------|---|------|-----------------|

BEYOND BEGINNING SEWING

For students with basic sewing skills and experience following a pattern. Make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe learning inserting sleeves, seam finishing and attaching facings skills. Fee includes pattern and use of sewing machine. Visit www.sewvac ltd.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 7/27.

Sew Vac Inc

| | | | | | | |
|-------|---------|-----------|----------------|----|------|-----------------|
| 31870 | 18 Yrs+ | 7/13-8/3* | 1:30-4:30 p.m. | Sa | \$45 | Sew Vac Limited |
|-------|---------|-----------|----------------|----|------|-----------------|

CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$27.



Anita Sinclair

| | | | | | | |
|-------|---------|----------|-----------------|----|------|------------|
| 32571 | 16 Yrs+ | 6/2-7/21 | 12:30-3:30 p.m. | Su | \$55 | Bixby Park |
| 32569 | 16 Yrs+ | 6/3-7/22 | 9 a.m.-noon | M | \$55 | |
| 33310 | 16 Yrs+ | 6/5-7/24 | 6-9 p.m. | W | \$55 | |
| 32572 | 16 Yrs+ | 8/4-8/25 | 12:30-3:30 p.m. | Su | \$30 | |
| 32570 | 16 Yrs+ | 8/5-8/26 | 9 a.m.-noon | M | \$30 | |
| 33311 | 16 Yrs+ | 8/7-8/28 | 6-9 p.m. | W | \$30 | |

Anita Sinclair

| | | | | | | |
|-------|---------|----------|----------|----|------|---------------|
| 33308 | 16 Yrs+ | 6/4-7/23 | 6-9 p.m. | Tu | \$55 | DeForest Park |
| 33309 | 16 Yrs+ | 8/6-8/27 | 6-9 p.m. | Tu | \$30 | |

DRAWING FUNDAMENTALS

Yes, you CAN learn to draw. It is a skill everyone can learn with practice. In this course you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair

| | | | | | | |
|-------|---------|----------|-----------------|---|------|------------|
| 32573 | 16 Yrs+ | 6/3-7/22 | 12:30-3:30 p.m. | M | \$55 | Bixby Park |
| 32574 | 16 Yrs+ | 8/5-8/26 | 12:30-3:30 p.m. | M | \$30 | |

FAST QUILT

Come join the fun! Fast Quilt consists of making quilts with a sewing machine. You can do your own thing or do the class project. This class is suitable for the beginner or more advanced quilters. Material list at first class. You will need a sewing machine in good working condition.

Sandra Szladek

| | | | | | | |
|-------|---------|-----------|-------------|---|------|--------------|
| 31885 | 16 Yrs+ | 6/26-7/31 | 6:30-9 p.m. | W | \$33 | Wardlow Park |
|-------|---------|-----------|-------------|---|------|--------------|

FAST QUILT RETREAT

2nd Annual Retreat. Close to home, so you can sew the whole weekend without interruption. Bring your own projects or one that I hand out. Bring your machine and sew, sew! *Class held on Friday is from 6:30-9 p.m.

Sandra Szladek

| | | | | | | |
|-------|---------|-----------|-----------------|----------|------|--------------|
| 31886 | 16 Yrs+ | 6/28-6/30 | 10 a.m.-10 p.m. | F* Sa Su | \$60 | Wardlow Park |
|-------|---------|-----------|-----------------|----------|------|--------------|

NUTS AND BOLTS OF QUILTING

Learn to quilt or improve your skills by making a wall hanging or table runner. Learn: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which provides the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 7/1 & 7/29.



Sew Vac Inc

| | | | | | | |
|-------|---------|-----------|----------|---|------|-----------------|
| 31871 | 18 Yrs+ | 6/17-8/5* | 6-9 p.m. | M | \$69 | Sew Vac Limited |
|-------|---------|-----------|----------|---|------|-----------------|

OIL PAINTING

Representational oil painting of still life arrangements and landscapes from observation. Or you can create your own project and complete with instruction and guidance. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair

| | | | | | | |
|-------|---------|----------|-------------|----|------|------------|
| 32575 | 16 Yrs+ | 6/2-7/21 | 9 a.m.-noon | Su | \$55 | Bixby Park |
| 32576 | 16 Yrs+ | 8/4-8/25 | 9 a.m.-noon | Su | \$30 | |

PORTRAIT WORKSHOP

Draw or paint live models with a national award winning artist instructor. Bring medium of choice: pencil (with drawing board), charcoal, pastel, oil, watercolor or acrylic. Simple easels and drawing horses are available for use. Demos and instruction are provided upon request. \$5 model fee payable to instructor each class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. *No class: 6/22, 7/6 & 7/13 & 8/10.

Ying Liu **Los Alamitos Community Center**
32217 16 Yrs+ 6/8-8/24* 9 a.m.-noon Sa \$86

SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to operate, maintain and find out what all the knobs, buttons and accessories do. Please visit: www.sewvacitd.com to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc **Sew Vac Limited**
31866 18 Yrs+ 6/22-6/22 1:30-4:30 p.m. Sa \$30
31867 18 Yrs+ 7/31-7/31 6-9 p.m. W \$30
31868 18 Yrs+ 8/9-8/9 2-5 p.m. F \$30

TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a nice painting from your photos? Students observe and participate in the process of creating a painting from photos. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Ying Liu **Los Alamitos Community Center**
32218 16 Yrs+ 7/17-8/14 6:30-9:30 p.m. W \$91

CAREER ENRICHMENT

VOICE OVERS - NOW IS YOUR TIME!

You've heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows, etc.) Now hear Wendy live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before.

Such A Voice **El Dorado Park West**
31884 18 Yrs+ 7/23-7/23 6:30-8:30 p.m. Tu \$45

DANCE

2 STEP AND SWING

Grab your boots and partner. Come learn the latest country dance patterns. You'll also do the East Coast swing in this class. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter **Weingart Senior Center**
31982 18 Yrs+ 6/26-8/7 7-8 p.m. W \$42

ADULT TAP

An amazing workout and fun at the same time! This class is for those who have wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 7/4.

Anne Pennypacker **Marina Community Center**
32604 18 Yrs+ 6/20-7/25* 6:30-7:15 p.m. Th \$67

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo **El Dorado Park West**
32041 18 Yrs+ 6/7-6/28 10-11:15 a.m. F \$5
32042 18 Yrs+ 7/5-7/26 10-11:15 a.m. F \$5
32043 18 Yrs+ 8/2-8/30 10-11:15 a.m. F \$5

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class. *No class: 8/16.

Mildred Caudillo **Wardlow Park**
32044 18 Yrs+ 6/7-6/28 6:45-8:30 p.m. F \$10
32045 18 Yrs+ 7/5-7/26 6:45-8:30 p.m. F \$10
32046 18 Yrs+ 8/2-8/30* 6:45-8:30 p.m. F \$10

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m. *No class: 8/12.

Fahtiem **Wardlow Park**
32149 14 Yrs+ 6/24-7/22 6:15-7:15 p.m. M \$39
32151 14 Yrs+ 6/24-7/22 7:30-8:30 p.m. M \$39
32153 14 Yrs+ 6/24-7/22 8:45-9:45 p.m. M \$39
32150 14 Yrs+ 7/29-8/26* 6:15-7:15 p.m. M \$39
32152 14 Yrs+ 7/29-8/26* 7:30-8:30 p.m. M \$39
32154 14 Yrs+ 7/29-8/26* 8:45-9:45 p.m. M \$39

LINE DANCING



Line dancing to all types of music is fun to do at clubs, parties, everywhere. Learn new routines each week. A fun workout. Come with a friend. No experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter **Weingart Senior Center**
31983 18 Yrs+ 6/26-8/7 6-7 p.m. W \$42

WEDDING SURVIVAL

Whether getting married, mother/son, father/daughter or simply attending a wedding, this class will prepare you to look your best on the dance floor! For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 7/4.

Anne Pennypacker **Marina Community Center**
32605 18 Yrs+ 6/20-7/25* 6-6:30 p.m. Th \$60

WEST COAST SWING, NIGHTCLUB AND MORE!

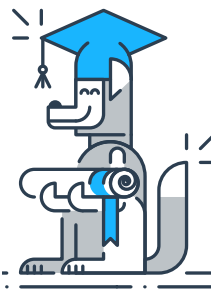
This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! For more information visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker **Los Alamitos Community Center**
32606 18 Yrs+ 6/10-7/8 6:30-7:15 p.m. M \$67

DOG TRAINING

BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a well-mannered member of your family without the use of food in training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercise, discussions on correcting destructive chewing, jumping up, and digging behaviors. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records, lawn chair. Visit www.DogClassInfo.com or call (714)532-3647. Tuesday class held at San Martin Park, 5231 Ocana Ave., Lakewood. Thursday class held at El Dorado Park Hockey Court. Material fee: \$10. *No class: 7/4.



Dog Services Unlimited **El Dorado Park West Hockey Court**
32113 10 Yrs+ 6/20-8/8* 7:45-8:45 p.m. Th \$98
Dog Services Unlimited **San Martin Park**
32114 10 Yrs+ 7/9-8/20 7-8 p.m. Tu \$98

DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well-behaved family member without the use of fear or intimidation, choke chains or prong collars. Learn rewards and consequences and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands and more! Dogs four months and older with current vaccines. Contact (714)821-6622 or crossroadspetresort.com for more information. Material fee: \$10.

[Crossroads Country Club Pet Resort](#)

[Marina Vista Park](#)

| | | | | | |
|-------|---------|-----------|-----------------|----|------|
| 33164 | 10 Yrs+ | 6/1-6/29 | 9:30-10:30 a.m. | Sa | \$95 |
| 33165 | 10 Yrs+ | 7/13-8/10 | 9:30-10:30 a.m. | Sa | \$95 |

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Enhance your relationship with your dog by building on the foundation behaviors in our 101 class. Practice more advanced commands with added distance, duration, distractions. Vaccines must be current. For more information: (714)821-6622 or crossroadspetresort.com. Material fee: \$10.

[Crossroads Country Club Pet Resort](#)

[Marina Vista Park](#)

| | | | | | |
|-------|---------|-----------|------------------|----|------|
| 32083 | 10 Yrs+ | 6/1-6/29 | 10:30-11:30 a.m. | Sa | \$95 |
| 32112 | 10 Yrs+ | 7/13-8/10 | 10:30-11:30 a.m. | Sa | \$95 |

DOG MANNERS - "CRASH COURSE"

Correct behavior problems in just four 75 minute lessons! Pre-register so instructor can brief you before the first meeting. Obedience commands include: heel on leash, sit and down on command, stay with distractions, and come when called. Bring \$5 insurance fee and shot records. Questions? Call Dog Services: (714)532-3647 or visit www.DogClassInfo.com. Saturday class held at El Dorado Park Hockey Court. Thursday class held at Laurel Park Tennis Court, 4041 Katella Ave., Los Alamitos. Material fee: \$10.

[Dog Services Unlimited](#)

[El Dorado Park West Hockey Court](#)

| | | | | | |
|-------|---------|-----------|----------------|----|------|
| 32115 | 10 Yrs+ | 6/8-6/29 | 1:15-2:30 p.m. | Sa | \$86 |
| 32117 | 10 Yrs+ | 7/27-8/17 | 1:15-2:30 p.m. | Sa | \$86 |

[Dog Services Unlimited](#)

[Laurel Park](#)

| | | | | | |
|-------|---------|----------|-------------|----|------|
| 32116 | 10 Yrs+ | 7/11-8/1 | 6-7:15 p.m. | Th | \$86 |
|-------|---------|----------|-------------|----|------|

PUPPY KINDERGARTEN

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring lawn chair and current shot records. For more information please visit: www.DogClassInfo.com or call (714)532-3647. Material fee: \$10.

[Dog Services Unlimited](#)

[El Dorado Park West Hockey Court](#)

| | | | | | |
|-------|---------|-----------|-------------|----|------|
| 32118 | 10 Yrs+ | 7/13-8/17 | noon-1 p.m. | Sa | \$88 |
|-------|---------|-----------|-------------|----|------|

ENRICHMENT

FASHION MAKEUP - CLASSIC TO GLAMOUR



Part One: "Creating the Classic Face" Designed for beginners, learn the fundamentals of fashion makeup while creating the "Classic Face", an every day makeup style. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies

included for both parts of this series. For questions, contact instructor: rnbimis@yahoo.com

[Rodolfo Nimis](#)

[Heartwell Park](#)

| | | | | | |
|-------|---------|-----------|-------------|----|------|
| 31929 | 16 Yrs+ | 6/2-6/2 | noon-4 p.m. | Su | \$75 |
| 31930 | 16 Yrs+ | 7/14-7/14 | noon-4 p.m. | Su | \$75 |
| 31931 | 16 Yrs+ | 8/4-8/4 | noon-4 p.m. | Su | \$75 |

INTRO TO IMPROV COMEDY

Learn the "fun"-damentals of improv comedy through improvised scenes and theatre games! Emphasis on a creative, supportive environment for making bold choices, spontaneity and building confidence. Class held at the Expo Arts Center, 4321 Atlantic Blvd., Long Beach.

[Darren Held](#)

[Expo Arts Center](#)

| | | | | | |
|-------|---------|-----------|-------------|----|-------|
| 31996 | 18 Yrs+ | 7/11-8/29 | 7-9:15 p.m. | Th | \$195 |
|-------|---------|-----------|-------------|----|-------|

FITNESS

40-30-20 INTERVAL TRAINING

Lose fat while increasing strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun and challenging. Become lean, agile, strong, toned during 40, 30, and 20 second Tabata Boot Camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 7/29 & 8/19.

[Tami Santy](#)

[Recreation Park](#)

| | | | | | |
|-------|---------|------------|-------------|---|------|
| 31847 | 16 Yrs+ | 6/3-7/8 | 6-6:45 p.m. | M | \$66 |
| 31848 | 16 Yrs+ | 7/15-8/26* | 6-6:45 p.m. | M | \$55 |

AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available.

[Tracey Wiltse](#)

[Recreation Park](#)

| | | | | | |
|-------|---------|----------|----------------|-------|------|
| 31841 | 18 Yrs+ | 6/3-6/28 | 8:30-9:30 a.m. | M W F | \$35 |
| 31842 | 18 Yrs+ | 7/1-7/31 | 8:30-9:30 a.m. | M W F | \$35 |
| 31843 | 18 Yrs+ | 8/2-8/30 | 8:30-9:30 a.m. | M W F | \$35 |

AFFIRMATIONS AND HATHA YOGA

Hatha yoga is a gentle system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit. 6 week sessions.

[Irene Holsters](#)

[El Dorado Park West](#)

| | | | | | |
|-------|---------|-----------|-------------|---|------|
| 31992 | 18 Yrs+ | 6/10-7/15 | 6:45-8 p.m. | M | \$60 |
| 31994 | 18 Yrs+ | 6/12-7/17 | 6:45-8 p.m. | W | \$60 |
| 31993 | 18 Yrs+ | 7/22-8/26 | 6:45-8 p.m. | M | \$60 |
| 31995 | 18 Yrs+ | 7/24-8/28 | 6:45-8 p.m. | W | \$60 |

FREE HOUSEHOLD HAZARDOUS WASTE AND E-WASTE DISPOSAL EVENT

Every 2nd and 4th Saturday of the Month
9:00 am - 2:00 pm

Location: EDCO Recycling and Transfer Center
2755 California Ave., Signal Hill, CA 90755



Accepted Items Include:

E-waste, paint, used motor oil & filters, cleaners, pharmaceuticals, batteries, fluorescent bulbs, pesticides, sharps, tires, and more.

For more details and a full list of accepted items, visit: LongBeach.gov/LBrecycles



ENVIRONMENTAL SERVICES BUREAU
LONGBEACH.GOV/LBRECycles
HOTLINE: (562) 570-2876

[f](#) [t](#) @LBRecycles

CITY OF
LONG BEACH

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned. A combination of strength, cardio and agility/sports movements. Bodyweight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available. *No class: 7/30 & 8/20.

Tami Santy

| | | | | | |
|-------|---------|------------|----------|----|------|
| 31851 | 16 Yrs+ | 5/28-6/18 | 6-7 p.m. | Tu | \$44 |
| 31852 | 16 Yrs+ | 6/25-7/16 | 6-7 p.m. | Tu | \$44 |
| 31853 | 16 Yrs+ | 7/23-8/27* | 6-7 p.m. | Tu | \$44 |

El Dorado Park West

HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are possible to all when using a chair as a prop. A prop helps create optimal body alignment and make poses accessible to those who may not be able to perform them due to physical limitations or fatigue. This offers a full practice without getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee available. *No class: 7/4 & 8/13.

David Allen Arnette

| | | | | | |
|-------|---------|------------|--------------------|----|------|
| 32093 | 16 Yrs+ | 6/4-6/25 | 11 a.m.-12:30 p.m. | Tu | \$44 |
| 32090 | 16 Yrs+ | 6/6-6/27 | 11 a.m.-12:30 p.m. | Th | \$44 |
| 32094 | 16 Yrs+ | 7/2-7/30 | 11 a.m.-12:30 p.m. | Tu | \$55 |
| 32091 | 16 Yrs+ | 7/11-7/25* | 11 a.m.-12:30 p.m. | Th | \$33 |
| 32092 | 16 Yrs+ | 8/1-8/29 | 11 a.m.-12:30 p.m. | Th | \$55 |
| 32095 | 16 Yrs+ | 8/6-8/27* | 11 a.m.-12:30 p.m. | Tu | \$44 |

Recreation Park

YOGA FOR HEALTH AND WELLNESS

Dr Arnette blends ansana, breathing, meditation, vinyasa, knowledge, wisdom and yoga insight to create a well-balanced class! Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.

David Allen Arnette

| | | | | | |
|-------|---------|----------|-------------|----|------|
| 32104 | 16 Yrs+ | 6/4-6/25 | 6-7:30 p.m. | Tu | \$44 |
| 32105 | 16 Yrs+ | 7/2-7/30 | 6-7:30 p.m. | Tu | \$55 |
| 33080 | 16 Yrs+ | 8/6-8/27 | 6-7:30 p.m. | Tu | \$44 |

Whaley Park

David Allen Arnette

| | | | | | |
|-------|---------|-----------|-------------|----|------|
| 32106 | 16 Yrs+ | 6/6-6/27 | 6-7:30 p.m. | Th | \$33 |
| 32107 | 16 Yrs+ | 7/11-7/25 | 6-7:30 p.m. | Th | \$33 |

Recreation Park

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat, water and weights. Walk-in fee available. *No class 6/5.

Marilynn Bodnar

| | | | | | |
|-------|---------|-----------|----------------|-----|------|
| 32029 | 12 Yrs+ | 6/3-6/26* | 5:30-6:30 p.m. | M W | \$25 |
| 32030 | 12 Yrs+ | 7/1-7/31 | 5:30-6:30 p.m. | M W | \$25 |
| 32031 | 12 Yrs+ | 8/5-8/28 | 5:30-6:30 p.m. | M W | \$25 |

El Dorado Park West

FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. For more information please visit: www.evelyngrauten.com. Walk in fee available.

Evelyn Grauten

| | | | | | |
|-------|---------|-----------|-----------------|-----|------|
| 32170 | 16 Yrs+ | 6/12-6/28 | 9:45-10:45 a.m. | W F | \$51 |
| 32171 | 16 Yrs+ | 7/3-7/19 | 9:45-10:45 a.m. | W F | \$51 |
| 32172 | 16 Yrs+ | 7/24-8/7 | 9:45-10:45 a.m. | W F | \$42 |
| 32173 | 16 Yrs+ | 8/14-8/30 | 9:45-10:45 a.m. | W F | \$51 |

Recreation Park

KUNDALINI YOGA AND MEDITATION

Kundalini yoga and meditation is a process of self discovery. Learn skills to gain a strong nervous system, immune system, vital glands and good circulation. Meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice you will gain the benefits of vitality of body and clarity of mind. Walk in fee available.

Seventh Chakra Yoga

| | | | | | |
|-------|---------|----------|--------------------|----|------|
| 31857 | 18 Yrs+ | 6/2-6/30 | 11 a.m.-12:30 p.m. | Su | \$75 |
| 31858 | 18 Yrs+ | 7/7-7/28 | 11 a.m.-12:30 p.m. | Su | \$60 |
| 31859 | 18 Yrs+ | 8/4-8/25 | 11 a.m.-12:30 p.m. | Su | \$60 |

El Dorado Nature Center

PILATES

Not just your core. Pilates integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a time-tested discipline that delivers.

Elizabeth Markley

| | | | | | |
|-------|---------|----------|----------------|---|------|
| 32560 | 16 Yrs+ | 6/3-6/24 | 6:30-7:30 p.m. | M | \$50 |
| 32561 | 16 Yrs+ | 7/8-7/29 | 6:30-7:30 p.m. | M | \$50 |
| 32562 | 16 Yrs+ | 8/5-8/26 | 6:30-7:30 p.m. | M | \$50 |

Bixby Park

PILATES BARRE FITNESS

This is a new popular and very fun form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor, including a portable balance barre. For more information visit: www.evelyngrauten.com. Walk-in fee available.

Evelyn Grauten

| | | | | | |
|-------|---------|-----------|--------------|---|------|
| 32164 | 16 Yrs+ | 6/12-7/3 | 11 a.m.-noon | W | \$38 |
| 32165 | 16 Yrs+ | 7/10-7/31 | 11 a.m.-noon | W | \$38 |
| 32166 | 16 Yrs+ | 8/7-8/28 | 11 a.m.-noon | W | \$38 |

Recreation Park

PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor.

Elizabeth Markley

| | | | | | |
|-------|---------|-----------|----------------|---|------|
| 32563 | 16 Yrs+ | 6/5-6/26 | 7:35-8:35 p.m. | W | \$50 |
| 32564 | 16 Yrs+ | 7/10-7/31 | 7:35-8:35 p.m. | W | \$50 |
| 32565 | 16 Yrs+ | 8/7-8/28 | 7:35-8:35 p.m. | W | \$50 |

Bixby Park

Hundreds of classes available online

ed2go Online Classes

at www.lbparks.org

Classes Start Monthly

June

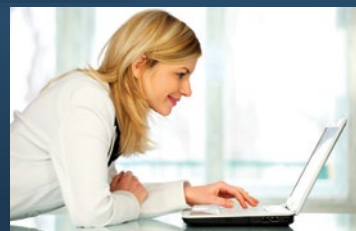
• 32178

July

• 32179

August

• 32180



ed2go topics include:

Computer skills for the workplace

Creating Webpages

Guiding Kids on the Internet

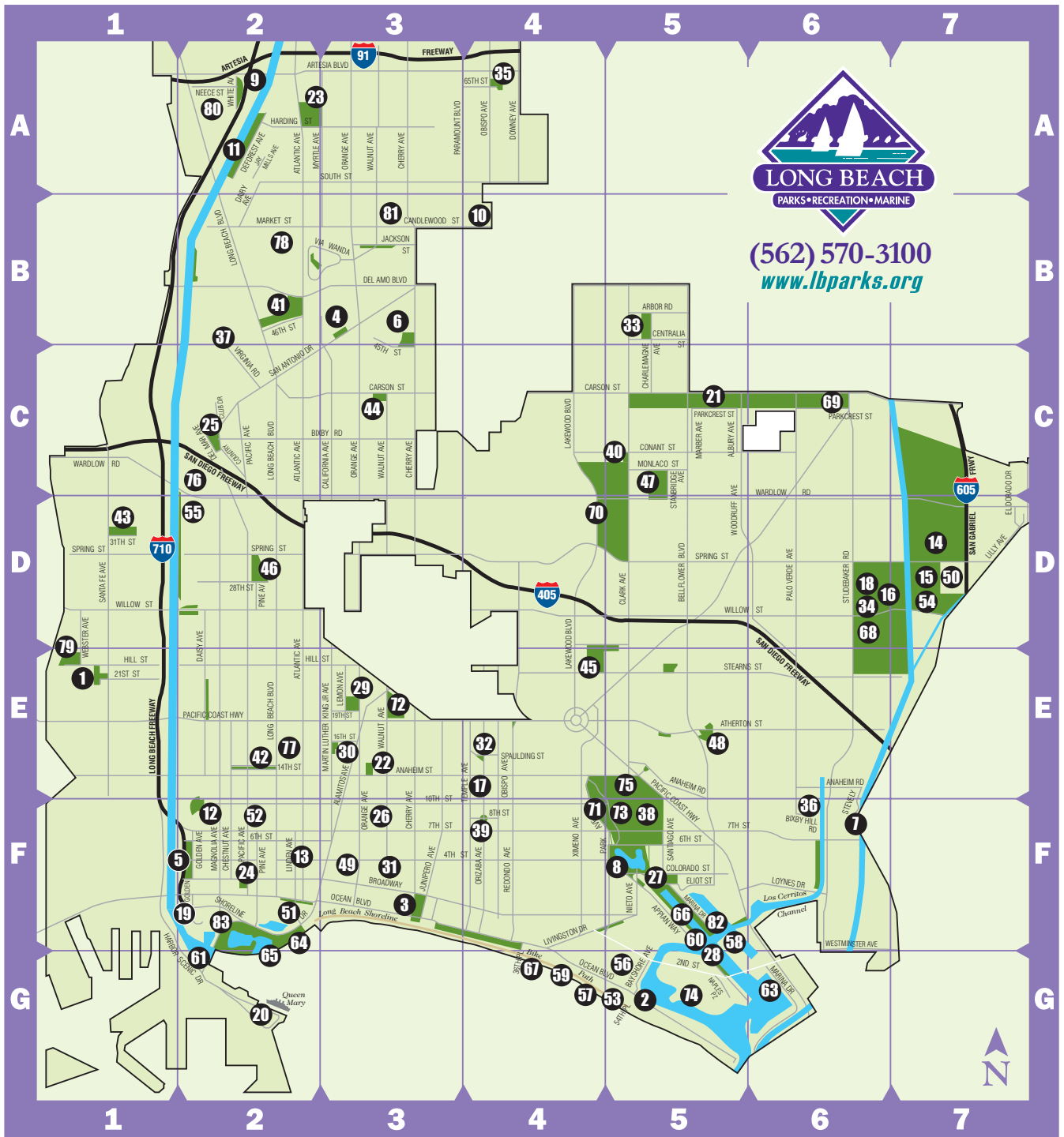
Microsoft Word, Excel, QuickBooks

Teaching with a Smart board

Speed Spanish Online

\$95 per class

Enroll online at lbparks.org • 562-570-3148



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

| | | | |
|--|------------------|---|--------------------------|
| 1 E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres | 1L, 2L, 5R, 6, 7 | 5 F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres | 2L, 5, 6, 7 |
| 16 C2 Baker Street, 625 Baker St., 570-3100 - 1.5 acres | 6, 7 | 6 B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres | 1L, 2L, 3L, 5, 6, 7, 11C |
| 2 G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres | 2, 4, 6, 7, 11 | 7 F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres | 2, 3, 4, 5R, 6, 7 |
| 3 F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres | 4, 5R, 6, 7, 9 | 8 F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres | 6, 7 |
| 4 B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres | 4, 5, 6, 7 | 9 A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres | 1L, |

| PARK FACILITIES (continued) | | | |
|------------------------------------|-----------|--|------------------------------------|
| 26 | F3 | Craftsman Village Park , 850 Orange Ave., 570-3100- .34 acre | 6,7 |
| 10 | B4 | Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres | 2, 6, 7 |
| 11 | A2 | DeForest , 6255 DeForest Ave., 570-1620 - 16.01 acres | 1L, 2L, 3L, 4L, 5, 6, 7 |
| 12 | F2 | Drake , 951 Maine Ave., 570-1625 - 6.61 acres | 1L, 2L, 3L, 4, 5R, 6, 7, 9 |
| 13 | F2 | East Village Arts , 150 Elm Ave. - .09 acres | |
| 14 | D7 | El Dorado Regional East , 7550 E. Spring St., 570-1771 - 389.49 acres | 6, 7, 13, LK |
| 15 | D7 | El Dorado Nature Center , 7550 E. Spring St., 570-1745 - 99.47 acres | 5, 7, LK |
| 16 | D6 | El Dorado West , 2800 Studebaker Rd., 570-3225 | 1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK |
| 77 | E2 | Fourteenth Street Park , 570-1608 2.01 acres | 2,6,9 |
| 17 | E4 | Freeman Community Center , 1205 Freeman Ave., 570-8688 | |
| 18 | D6 | Good Neighbor , 2800 Studebaker Road, .90 acre | |
| 19 | F2 | Golden Shore Marine Biological Reserve , Golden Shore Ave. - 9.27 acres | |
| 78 | B2 | Grace Park , Plymouth St. and Elm Ave., 570-3100 - 1.19 acres | |
| 20 | G2 | Harry Bridges Memorial at the Queen Mary , 1126 Queens Hwy. - 4.19 acres | 7 |
| 21 | C5 | Heartwell , 5801 E. Parkcrest St., 570-1635 - 125.41 acres | 1L, 2L, 5, 6, 7, 11, LK |
| 22 | E3 | Homeland Cultural Center , 1321 Anaheim Street at MacArthur Park, 570-1655 | |
| 23 | A2 | Houghton , 6301 Myrtle Ave., 570-1640 - 26.35 acres | 1L, 2L, 3L, 4, 5R, 6, 7, 9 |
| 79 | E1 | Hudson Park , 2335 Webster Ave., 570-3100 - 13.18 acres | 1,6,7 |
| 24 | F2 | Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres | 7, 12 |
| 56 | G5 | Long Beach Community Resource Center , 5365 E. 2nd St. | |
| 25 | C2 | Los Cerritos , 3750 Del Mar Ave. - 8.47 acres | 3L, 6, 7 |
| 22 | E3 | MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres | 1, 2L, 4, 5R, 6, 7 |
| 27 | F5 | Marina Vista , Colorado St. & Santiago Ave. - 18.20 acres | 1, 3, 6, 7 |
| 28 | G5 | Marine (Mothers Beach), 5839 Appian Way - 9.31 acres | 4, 6, 7 |
| 29 | E3 | Martin Luther King, Jr. , 1950 Lemon Ave., 570-4405 - 9.0 acres | 1L, 5R, 6, 7, 8 |
| 30 | E3 | McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres | 2L, 5R, 6, 7, 10 |
| 31 | F3 | Miracle on 4th Street , 1518 E. 4th St. - .14 acres | 7 |
| 32 | E4 | Orizaba , Orizaba Ave. & Spaulding St. - 3.99 acres | 2, 5, 6, 7, 9 |
| 33 | B5 | Pan American , 5157 Centralia St., 570-1660 - 12.5 acres | 1L, 2L, 4, 5, 6, 7, 10 |
| 34 | D6 | PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100 | |
| 35 | A4 | Ramona , 3301 E. 65th St., 570-1665 - 7.21 acres | 1L, 2L, 3L, 4, 5R, 6, 7 |
| 36 | F6 | Rancho Los Alamitos , 6400 Bixby Hill Rd., 431-3541 - 7.03 acres | 7 |
| 37 | B2 | Rancho Los Cerritos , 4600 Virginia Rd., 206-2040 - 4.77 acres | 7 |
| 38 | F5 | Recreation , 4900 E. 7th St., 570-1670 - 63.92 acres | 1L, 3L, 5R, 4,6, 7, 12 |
| 39 | F4 | Rose , 8th St. & Orizaba Ave. - .74 acres | 7 |
| 40 | C5 | Rosie the Riveter , Clark Ave. & Conant St. - 3.28 acres | |
| 41 | B2 | Scherer , 4600 Long Beach Blvd., 570-1674 - 25.22 acres | 1, 2L, 3L, 4, 5, 6, 7, 12, LK |
| 42 | E2 | Seaside , 14th St. at Chestnut, 2.34 acres | |
| 43 | D1 | Silverado , 1545 W. 31st St., 570-1675 - 12.23 acres | 1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK |
| 44 | C3 | Somerset , 1500 E. Carson St., 570-1690 - 3.75 acres | 2L, 3L, 4, 5, 6, 7 |
| 45 | E4 | Stearns Champions , 4520 E. 23rd St., 570-1685 - 22.14 acres | 1L, 2L, 5R, 6, 7 |
| 46 | D2 | Veterans , 101 E. 28th St., 570-1695 - 14.32 acres | 1L, 2L, 3L, 4, 5R, 6, 7 |
| 47 | C5 | Wardlow , 3457 Stanbridge Ave., 570-1706 - 15.81 acres | 1, 2L, 4, 5R, 6, 7 |
| 48 | E5 | Whaley , 5620 Atherton St., 570-1710 - 13.47 acres | 1L, 2L, 4, 5R, 6, 7, 11 |
| TEEN CENTERS | | | |
| 17 | E4 | Cesar E. Chavez Park Teen Center , 401 Golden Ave., 570-8890 | |
| 23 | A2 | Freeman Teen Center , 1205 Freeman Ave., 570-8688 | |
| 30 | E3 | Houghton Park Teen Center , 6301 Myrtle Ave., 570-1640 | |
| 43 | D1 | McBride Park Teen Center , 1550 M.L.King, Jr. Blvd., 570-1605 | |
| SENIOR CENTERS | | | |
| 30 | E3 | California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605 | |
| 16 | D6 | El Dorado Park West Community Center , 2800 Studebaker Rd., 570-3227 | |

| 23 | A2 | Houghton Park Community Center , 6301 Myrtle Ave., 570-1640 | |
|---|-----------|--|-------------|
| 49 | F3 | Long Beach Senior Center , 1150 E. 4th St., 570-3500 | 5R |
| 43 | D1 | Silverado Park Community Center , 1545 West 31st St., 570-1675 | |
| 5 | F2 | Cesar E. Chavez , 401 Golden Ave., 570-8890 | 2L, 5, 6, 7 |
| DOG FACILITIES | | | |
| 50 | D7 | Animal Care Services , 7700 East Spring Street, 570-PETS | |
| 9 | A2 | Coolidge Dog Park , 352 E. Neece St | |
| 24 | F2 | Downtown Dog Park , at Lincoln Center, Pacific at Broadway | |
| 14 | D7 | El Dorado Dog Park , 7500 E. Spring St | |
| 81 | B3 | Jackson Street Dog Park , 1 Jackson St. | |
| 52 | F2 | K-9 Corner Dog Park , 9th & Pacific Ave. | |
| 38 | F5 | Recreation Dog Park , 4900 E. 7th St. | |
| 53 | G5 | Rosie's Dog Beach , 1 S. Granada | |
| 51 | F2 | Seaside Dog Zone Park , Seaside Way at Linden Ave | |
| 41 | B2 | Uptown Dog Park , 4600 Long Beach Blvd. | |
| 55 | D2 | Wrigley Heights Dog Park , 3401 Golden Ave. | |
| AQUATIC AND BOATING FACILITIES / BEACHES | | | |
| 8 | F5 | Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado) | |
| 82 | F5 | Dunster Reserve , Boathouse Lane and Los Cerritos Channel | |
| 83 | F2 | Golden Shore Reserve , Golden Shore Ave South of Shoreline Dr. | |
| 57 | G4 | Launch Ramp - Claremont Launch Ramp , 5300 E. Ocean Blvd. | |
| 58 | F5 | Launch Ramp - Davies Launch Ramp , 6201 E. Second St. | |
| 59 | G4 | Launch Ramp - Granada Launch Ramp , 1 S. Granada Ave. | |
| 60 | F5 | Launch Ramp - Marine Stadium Launch Ramp , 5255 Paoli Way | |
| 61 | G2 | Launch Ramp - South Shore Launch Ramp , 590 Queensway Dr. | |
| 2 | G5 | Leeway Sailing & Aquatics Center , 5437 E. Ocean Blvd., 570-1719 | |
| 63 | G6 | Marina - Alamitos Bay Marina , 205 Marina Dr., 570-3215 | |
| 64 | F2 | Marina - Long Beach Shoreline Marina , 450 E. Shoreline Dr., 570-4950 | |
| 65 | G2 | Marina - Rainbow Marina , 200-B Aquarium Way, 570-8636 | |
| 66 | F5 | Marine Stadium , Appian Way (btw. 2nd St. & Colorado St.), 570-3215 | |
| 67 | G4 | Pool - Belmont Plaza Pool , 4000 Olympic Plaza, 570-1806 | |
| 29 | E3 | Pool - Martin Luther King, Jr. Park Pool , 1910 Lemon Ave., 570-1718 | |
| 43 | D1 | Pool - Silverado Park Pool , 1540 W. 32nd St., 570-1721 | |
| 8 | F5 | Model Boat Shop , 5119 E. Colorado St., 570-1720 (Summer Only) | |
| 28 | G5 | Mothers Beach , (Marina Park) 5839 Appian Way | 5,7 |
| SPORTS FACILITIES | | | |
| 14 | D7 | Archery - El Dorado Archery Range , 7550 E. Spring St., 570-1771 | |
| 68 | D6 | Golf - El Dorado Golf Course , 2400 Studebaker Rd., 430-5411, 18-hole, par 72 | |
| 69 | C6 | Golf - Heartwell Junior Golf Academy , 6730 E. Carson St., 570-1272 - 36.57 acres | 5R |
| 69 | C6 | Golf - Heartwell Park Golf Course , 6700 E. Carson St., 421-8855, 18-hole, par 54 | |
| 38 | F5 | Golf - Recreation Park Golf Course , 5000 E. Anaheim St., 494-5000, 18-hole, par 72 | |
| 38 | F5 | Golf - Recreation Park Golf Course , 5000 E. 7th St., 438-4012, 9-hole, par 31 | |
| 70 | D4 | Golf - Skylinks at Long Beach Golf Course , 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72 | |
| 2 | G5 | Hockey Rink , 5415 E. Ocean Blvd., 570-1725 | |
| 71 | F4 | Lawn Bowling - Recreation Park Facility , E. 7th St. & Federation Dr., 597-7968, 714-969-5862 | |
| 72 | E3 | Sports Field - Chittick Field , 1900 Walnut Ave., 570-1717 - 19.14 acres | 1L |
| 75 | E5 | Sports Field - Joe Rodgers Softball Stadium , 10th St. & Park Ave., 570-1725 | |
| 73 | F5 | Tennis - Billie Jean King Tennis Center , 10th & Park Ave., 438-8509 | |
| 16 | D6 | Tennis - El Dorado Tennis Center , 2800 Studebaker Rd., 425-0553 | |
| 25 | C2 | Tennis - Los Cerritos Park Tennis Courts , 3750 Del Mar Ave. | |
| 74 | G5 | Tennis - Naples Tennis Courts , Tivoli Drive between St. Irmo Way & 2nd St. | |

POWER BARRE

Tone your entire body while improving balance and flexibility. Nonstop movements are performed at two tempos; faster intervals burn fat, the same motions at a slower pace build muscle. Influenced by classical dance, this is not a dance class. Please visit www.jgparks martial arts.com. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Master Cynthia Markopulos

U.S. Taekwondo Academy

| | | | | | |
|-------|---------|----------|-------------|------|------|
| 31950 | 13 Yrs+ | 6/3-6/27 | 7:10-8 p.m. | M Th | \$65 |
| 31951 | 13 Yrs+ | 7/1-7/29 | 7:10-8 p.m. | M Th | \$65 |
| 31952 | 13 Yrs+ | 8/1-8/29 | 7:10-8 p.m. | M Th | \$65 |

POWER TAE FITNESS

Power Tae Fitness is a workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. Please visit www.jgparks martial arts.com. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood. *Class held on Wednesdays is from 7:10-8 p.m. and Saturdays from 8:30-9:20 a.m.

Master Cynthia Markopulos

U.S. Taekwondo Academy

| | | | | | |
|-------|---------|----------|-----------------|------|------|
| 31953 | 13 Yrs+ | 6/1-6/29 | 8:30-9:20 a.m.* | W Sa | \$65 |
| 31954 | 13 Yrs+ | 7/3-7/31 | 7:10-8 p.m.* | W Sa | \$65 |
| 31955 | 13 Yrs+ | 8/3-8/31 | 8:30-9:20 a.m.* | W Sa | \$65 |

TAI CHI AND QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory. Returning students only on Tuesdays. *No class: 7/4.

Howard Richner

Recreation Park

| | | | | | |
|---------------------------|---------|-----------|--------------|----|------|
| 31895 | 18 Yrs+ | 6/11-7/16 | 7-8:30 p.m. | Tu | \$50 |
| 31896 | 18 Yrs+ | 7/23-8/27 | 7-8:30 p.m. | Tu | \$50 |
| Howard Richner Bixby Park | | | | | |
| 31900 | 18 Yrs+ | 6/6-7/18* | 7:30-9 p.m. | Th | \$50 |
| 31903 | 18 Yrs+ | 6/15-7/20 | 9:30-11 a.m. | Sa | \$50 |
| 31902 | 18 Yrs+ | 7/25-8/29 | 7:30-9 p.m. | Th | \$50 |
| 31904 | 18 Yrs+ | 7/27-8/31 | 9:30-11 a.m. | Sa | \$50 |

ZUMBA® EN ESPAÑOL

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviértete y mantente saludable. Despidete del estres y disfrutale a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia

Silverado Park

| | | | | | |
|-------|---------|----------|-----------|-------|-----|
| 32346 | 18 Yrs+ | 6/4-6/27 | 9-10 a.m. | Tu Th | \$2 |
| 32347 | 18 Yrs+ | 7/2-7/30 | 9-10 a.m. | Tu Th | \$2 |
| 32348 | 18 Yrs+ | 8/1-8/29 | 9-10 a.m. | Tu Th | \$2 |

MUSIC

GUAVA GROOVE UKULELE

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2.

Hoku Bray

Stearns Champion Park

| | | | | | |
|-------|---------|-----------|----------|----|------|
| 32035 | 13 Yrs+ | 6/6-7/11 | 6-7 p.m. | Th | \$67 |
| 32036 | 13 Yrs+ | 7/18-8/15 | 6-7 p.m. | Th | \$67 |

GUITAR - BEGINNER

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe

Whaley Park

| | | | | | |
|-------|---------|-----------|----------------|---|------|
| 31988 | 18 Yrs+ | 6/12-7/10 | 7:35-8:35 p.m. | W | \$65 |
| 31989 | 18 Yrs+ | 7/31-8/28 | 7:35-8:35 p.m. | W | \$65 |

GUITAR - INTERMEDIATE

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee: \$5.

Daniel Howe

Whaley Park

| | | | | | |
|-------|---------|-----------|----------------|---|------|
| 31990 | 18 Yrs+ | 6/12-7/10 | 8:40-9:40 p.m. | W | \$65 |
| 31991 | 18 Yrs+ | 7/31-8/28 | 8:40-9:40 p.m. | W | \$65 |

SPORTS

FENCING

An ancient art of noble defense to a modern Olympic sport. Fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Cash material fee: \$10 due on first day of class.

Orange Coast Fencing Academy

Whaley Park

| | | | | | |
|-------|--------|-----------|----------------|----|------|
| 31947 | 8 Yrs+ | 5/28-6/18 | 7:35-9:25 p.m. | Tu | \$50 |
| 31948 | 8 Yrs+ | 6/25-7/16 | 7:35-9:25 p.m. | Tu | \$50 |
| 31949 | 8 Yrs+ | 7/23-8/13 | 7:35-9:25 p.m. | Tu | \$50 |

HORSE FUN

Get your boots on! Ride horses! But first learn how to care for them! We will teach you safety, basic horsemanship, haltering, grooming, saddling and ride horses! Get ready to hit the trail! Wear riding boots, jeans and riding helmet. Material fee: \$30 due to instructor at start of class. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

El Rodeo Stables

| | | | | | |
|-------|---------|-----------|----------|----|------|
| 32078 | 13 Yrs+ | 6/8-6/29 | 3-4 p.m. | Sa | \$85 |
| 32077 | 13 Yrs+ | 7/13-8/3 | 3-4 p.m. | Sa | \$85 |
| 32081 | 13 Yrs+ | 8/10-8/31 | 3-4 p.m. | Sa | \$85 |

JUJITSU

Japanese Jujitsu self defense. Students learn escapes, throws, locks, and holds to control a larger opponent from one-on-one instruction with 40 years of self defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No Class: 6/21, 7/3 & 7/5.

Russell Kelley

Stearns Champions Park

| | | | | | |
|-------|---------|-----------|----------------|-------|------|
| 31976 | 13 Yrs+ | 6/3-6/28* | 6:30-7:30 p.m. | M W F | \$45 |
| 31977 | 13 Yrs+ | 7/1-7/31* | 6:30-7:30 p.m. | M W F | \$45 |
| 31978 | 13 Yrs+ | 8/2-8/30* | 6:30-7:30 p.m. | M W F | \$45 |

Long Beach Parks, Recreation & Marine
thanks Signal Hill Petroleum
and Partners of Parks for

15 YEARS OF
MOVIES
IN THE PARK

COME JOIN US!

Visit LBParks.org in May for the
2019 Movie Schedule



KARATE

Okinawan Shorin Ryu Karate; learn blocks, punches, strikes, and kicks to defend against an attack with one-on-one instruction and an instructor with 40 years of self-defense experience. Class is for beginners and advanced students. New students start first Monday or Wednesday of each month. www.LakewoodBudoKai.com. *No class: 6/21, 7/3 & 7/5.

Russell Kelley

Stearns Champions Park

| | | | | | |
|-------|---------|-----------|----------------|-------|------|
| 31979 | 13 Yrs+ | 6/3-6/28* | 7:30-8:30 p.m. | M W F | \$45 |
| 31980 | 13 Yrs+ | 7/1-7/31* | 7:30-8:30 p.m. | M W F | \$45 |
| 31981 | 13 Yrs+ | 8/2-8/30* | 7:30-8:30 p.m. | M W F | \$45 |

KARATE

Japanese Karate retains all the traditions of this ancient art. The philosophy and rules of Karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of the Japanese culture.

Jony Martinez

Cesar Chavez Park

| | | | | | |
|-------|---------|----------|----------------|-------|------|
| 31940 | 12 Yrs+ | 6/3-6/28 | 7:15-8:30 p.m. | M W F | \$75 |
| 31941 | 12 Yrs+ | 7/1-7/31 | 7:15-8:30 p.m. | M W F | \$75 |
| 31942 | 12 Yrs+ | 8/2-8/30 | 7:15-8:30 p.m. | M W F | \$75 |

MIXED MARTIAL ARTS

All students will get safe and get fit! Students train in Muay Thai kick boxing, wrestling, and Brazilian Jiu Jitsu. Students learn to respect themselves and others and build confidence from the skills taught. Class will have sparring and muscle memory drills with the aim of becoming "comfortable with being uncomfortable." Gloves and shin guards are required and can be provided. Instagram: School of Self Defense. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

El Dorado Park West

| | | | | | |
|-------|---------|----------|----------|------|------|
| 31911 | 18 Yrs+ | 6/6-6/28 | 8-9 p.m. | Th F | \$50 |
| 31912 | 18 Yrs+ | 7/5-7/26 | 8-9 p.m. | Th F | \$50 |
| 31913 | 18 Yrs+ | 8/1-8/30 | 8-9 p.m. | Th F | \$50 |

NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, instruction and free practice session on your registered class day. Practice session times: W 7:10-7:40 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. *No class: 7/3 & 7/6.

Ice Management LLC

The Rinks Lakewood Ice

| | | | | | |
|-------|---------|------------|------------------|----|------|
| 32396 | 15 Yrs+ | 5/29-6/19 | 6:40-7:10 p.m. | W | \$45 |
| 32397 | 15 Yrs+ | 6/1-6/22 | 10:15-10:45 a.m. | Sa | \$45 |
| 32398 | 15 Yrs+ | 6/26-7/24* | 6:40-7:10 p.m. | W | \$45 |
| 32399 | 15 Yrs+ | 6/29-7/27* | 10:15-10:45 a.m. | Sa | \$45 |
| 32400 | 15 Yrs+ | 7/31-8/21 | 6:40-7:10 p.m. | W | \$45 |
| 32401 | 15 Yrs+ | 8/3-8/24 | 10:15-10:45 a.m. | Sa | \$45 |

TGA PREMIER VOLLEYBALL **NEW**

Instructors coach station-based drills and games that develop fundamental serving, passing, setting, blocking and spiking skills while promoting sportsmanship and leadership. Students also participate in STEM labs allowing them to explore academic concepts like gravity, geometry and force throughout the game. Material fee \$7. *No class: 7/7.

TGA Premier Sports

Pan American Park

| | | | | | |
|-------|---------|------------|----------|----|------|
| 33140 | 18 Yrs+ | 6/2-6/23 | 6-7 p.m. | Su | \$65 |
| 33145 | 18 Yrs+ | 6/30-7/28* | 6-7 p.m. | Su | \$65 |
| 33146 | 18 Yrs+ | 8/4-8/25 | 6-7 p.m. | Su | \$65 |

SHOTOKAN KARATE

Shotokan, is developed from martial arts of "empty hand" fighting. Beginning with humility, Shotokan is self defense karate and discipline of the mind. Students develop self defense skills, self control,, and improve concentration, coordination and focus. Wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size).

Antonio Silva

Bixby Park

| | | | | | |
|-------|---------|----------|----------|------|------|
| 31875 | 18 Yrs+ | 6/1-6/29 | 7-8 p.m. | F Sa | \$50 |
| 31876 | 18 Yrs+ | 7/5-7/27 | 7-8 p.m. | F Sa | \$50 |
| 31877 | 18 Yrs+ | 8/2-8/24 | 7-8 p.m. | F Sa | \$50 |

Let Spine Pain Take a Final Bow

Brenda lost feeling in her legs and was trapped on the 5th floor staircase at the Los Cerritos Performing Arts Center, where she volunteers. She couldn't move for hours. After that, she reached out to Amandeep Bhalla, M.D., orthopedic surgeon, Spine Center, MemorialCare Long Beach Medical Center, for a permanent solution. Imaging studies confirmed that Brenda was suffering from spinal stenosis. Dr. Bhalla, along with the Spine Center care team offered Brenda a custom treatment plan that included surgery. Today, Brenda's health is center stage and she's back to enjoying her life.

At MemorialCare, we're dedicated to one thing:
what's best for you.



Brenda Trimble, 79,
put her health center stage
after spine surgery.

800-MEMORIAL
memorialcare.org/LBSpine


MemorialCareTM
Long Beach Medical Center

ADULT 50+ CLASSES

DANCE

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class. *No class: 7/10.

| | | | | | |
|---------------------|---------|---------------------------------|-------------|---|-----|
| Daniel Finch | | Long Beach Senior Center | | | |
| 32025 | 50 Yrs+ | 6/5-6/19 | 7-9:30 p.m. | W | \$6 |
| 32026 | 50 Yrs+ | 7/3-7/24* | 7-9:30 p.m. | W | \$6 |
| 32027 | 50 Yrs+ | 8/7-8/28 | 7-9:30 p.m. | W | \$6 |

BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class.

| | | | | | |
|---------------------|---------|---------------------------------|------------------|----|-----|
| Candis Davis | | Long Beach Senior Center | | | |
| 32064 | 50 Yrs+ | 6/4-6/25 | 1-2 p.m. | Tu | \$5 |
| 32065 | 50 Yrs+ | 7/2-7/30 | 1-2 p.m. | Tu | \$5 |
| 32066 | 50 Yrs+ | 8/6-8/27 | 1-2 p.m. | Tu | \$5 |
| Candis Davis | | El Dorado Park West | | | |
| 32067 | 50 Yrs+ | 6/5-6/26 | 10:30-11:30 a.m. | W | \$5 |
| 32068 | 50 Yrs+ | 7/3-7/31 | 10:30-11:30 a.m. | W | \$5 |
| 32069 | 50 Yrs+ | 8/7-8/28 | 10:30-11:30 a.m. | W | \$5 |

ROUND DANCE INTERMEDIATE-ADVANCED

Teaching Phase 4 Thru Phase 6 round dance figure clinics and choreography. Hosting cued round dance party dance. Class held on 2nd Saturday. Fee per person, per class.

| | | | | | |
|-----------------------|---------|---------------------------------|-------------------|----|-----|
| Edward Patrick | | Long Beach Senior Center | | | |
| 31926 | 50 Yrs+ | 6/3-6/24 | 7-9:30 p.m. | M | \$5 |
| 31923 | 50 Yrs+ | 6/4-6/25 | 7-9:30 p.m. | Tu | \$5 |
| 31920 | 50 Yrs+ | 6/8-6/8 | 11 a.m.-3:30 p.m. | Sa | \$5 |
| 31927 | 50 Yrs+ | 7/1-7/29 | 7-9:30 p.m. | M | \$5 |
| 31924 | 50 Yrs+ | 7/2-7/30 | 7-9:30 p.m. | Tu | \$5 |
| 31921 | 50 Yrs+ | 7/13-7/13 | 11 a.m.-3:30 p.m. | Sa | \$5 |
| 31928 | 50 Yrs+ | 8/5-8/26 | 7-9:30 p.m. | M | \$5 |
| 31925 | 50 Yrs+ | 8/6-8/27 | 7-9:30 p.m. | Tu | \$5 |
| 31922 | 50 Yrs+ | 8/10-8/10 | 11 a.m.-3:30 p.m. | Sa | \$5 |

SENIOR LINE DANCING

Have fun learning new dances. Great exercise dancing to all types of music. No experience needed. Come with a friend. Fee per person, per class. *No class: 8/15 & 8/22.

| | | | | | |
|---------------------|---------|----------------------------|----------|----|-----|
| Janet Karter | | El Dorado Park West | | | |
| 31984 | 50 Yrs+ | 7/11-7/25 | 1-2 p.m. | Th | \$3 |
| 31985 | 50 Yrs+ | 8/1-8/29* | 1-2 p.m. | Th | \$3 |

FITNESS

GENTLE YOGA ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Fee per person, per class.

| | | | | | |
|------------------------|---------|------------------------|-----------------|---|------|
| Silvana Behrens | | Recreation Park | | | |
| 32028 | 50 Yrs+ | 6/17-8/26 | 9:45-10:45 a.m. | M | \$12 |

SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweight and a mat. Fee per person, per class.

| | | | | | |
|-----------------------|---------|---------------------------|------------|-------|-----|
| Sherrie Zachau | | El Dordo Park West | | | |
| 32055 | 50 Yrs+ | 6/4-6/27 | 10-11 a.m. | Tu Th | \$4 |
| 32056 | 50 Yrs+ | 7/2-7/30 | 10-11 a.m. | Tu Th | \$4 |
| 32057 | 50 Yrs+ | 8/1-8/29 | 10-11 a.m. | Tu Th | \$4 |

ZUMBA® GOLD

One hour of exercise is good for your mind and body. There is no wrong way in Zumba Gold- if you are moving and smiling, you nailed it! Walk in fee available.

| | | | | | |
|---------------------------|---------|---------------------------------|----------------|----|------|
| Adrienne Rosenfeld | | Long Beach Senior Center | | | |
| 31889 | 50 Yrs+ | 6/6-6/27 | 5:30-6:30 p.m. | Th | \$10 |
| 31890 | 50 Yrs+ | 7/11-7/25 | 5:30-6:30 p.m. | Th | \$10 |
| 31891 | 50 Yrs+ | 8/1-8/29 | 5:30-6:30 p.m. | Th | \$10 |

ZUMBA® GOLD

Shake your groove thang, Zumba Gold! This Latin-inspired dance fitness incorporates easy dance moves at a lower-intensity. Zumba Gold offers a full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold- if you are moving and smiling, you are doing it right. Walk in fee available. *No class: 8/24.

| | | | | | |
|-----------------------|---------|---------------------------------|-----------------------|----|------|
| Sabrina Thomas | | Long Beach Senior Center | | | |
| 31905 | 50 Yrs+ | 6/1-6/29 | 11:30 a.m.-12:30 p.m. | Sa | \$10 |
| 31906 | 50 Yrs+ | 7/6-7/27 | 11:30 a.m.-12:30 p.m. | Sa | \$10 |
| 31907 | 50 Yrs+ | 8/3-8/31* | 11:30 a.m.-12:30 p.m. | Sa | \$10 |

ZUMBA® GOLD

A Latin inspired program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe total body workout great for the mind, body and soul. Come dance! Fee per person, per class.

| | | | | | |
|-----------------------|---------|----------------------------|----------------|---|-----|
| Sherrie Zachau | | El Dorado Park West | | | |
| 32058 | 50 Yrs+ | 6/7-6/28 | 8:45-9:45 a.m. | F | \$4 |
| 32059 | 50 Yrs+ | 7/5-7/26 | 8:45-9:45 a.m. | F | \$4 |
| 32060 | 50 Yrs+ | 8/2-8/30 | 8:45-9:45 a.m. | F | \$4 |

ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class.

| | | | | | |
|-----------------------|---------|----------------------------|-----------|---|-----|
| Sherrie Zachau | | El Dorado Park West | | | |
| 32061 | 50 Yrs+ | 6/5-6/26 | 9-10 a.m. | W | \$4 |
| 32062 | 50 Yrs+ | 7/3-7/31 | 9-10 a.m. | W | \$4 |
| 32063 | 50 Yrs+ | 8/7-8/28 | 9-10 a.m. | W | \$4 |

Senior Programs Fun for adults 50+

LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS 50+ TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS THAT ARE OFFERED AT OUR SIX SENIOR CENTERS.

MANY PROGRAMS ARE FREE
FOR MORE INFORMATION VISIT WWW.LBPARKS.ORG



SENIOR SOFTBALL LEAGUE
Call 562.570.1736 or visit
www.teamsideline.com/longbeach

Arts
Culture
Dance
Fitness
Enrichment
Health services
Nutrition
Excursions
Special events
Volunteerism
and more

SENIOR CENTERS
CALIFORNIA
RECREATION CENTER
AT MCBRIDE PARK
562.570.1605
CESAR E. CHAVEZ PARK
562.570.8890

HOUGHTON PARK
TEMPORARILY LOCATED
AT: RAMONA PARK
562.570.1665
EL DORADO PARK WEST
562.570.3227



LONG BEACH
SENIOR CENTER
562.570.3500

SILVERADO
PARK
562.570.1675



It's **always** Water Taxi season.



Water Taxi service is now year-round so gather up the little ones and head for the docks!

LBT Water Taxis are the most unique way to explore Long Beach and now you can take to the sea no matter the season with year-round AquaLink and AquaBus service.

Water Taxis are currently running weekend service (Fri-Sun), with 7-day service starting Memorial Day. The best way to travel in Long Beach just got better.

For full schedule and fare information, visit **ridelbt.com/aqualink**



ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725

Visit: teamsideline.com/longbeach

ADULT BASEBALL

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game. Limited space per season.

ADULT BASKETBALL

Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game (\$25/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT KICKBALL

Register by team only at the Sports Office or online at www.teamsideline.com/longbeach. 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1725 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$14/team, per game.

WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.

WEEKEND SLOWPITCH LEAGUES - COED ONLY

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 5-12 players allowed on a team. Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1725 or visit us at www.teamsideline.com/longbeach for more information.

LONG BEACH CITY COLLEGE

SUMMER SESSION 2019: A BRIGHT IDEA!

JUNE 12 - AUG. 20 | Registration begins April 1

Visit **www.LBCC.edu** to apply,
view class schedules and more.



B LONG BEACH
CITY COLLEGE



(562) 938-4485
www.LBCC.edu

ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter
7700 East Spring Street • (562) 570-PETS
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.
Saturday and Sunday 10 a.m.-4 p.m.
24 Hour Emergency Service (562) 570-7387



Animal Related Complaints/Questions: (562) 570-PETS (7387)
Interested in volunteering?
Need to license your cat or dog?
Need spay or neuter assistance?
Looking for your lost pet? Looking to adopt?
Please visit us at: www.LongBeachAnimalCare.com.

SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit www.fixlongbeachpets.com for information.

SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

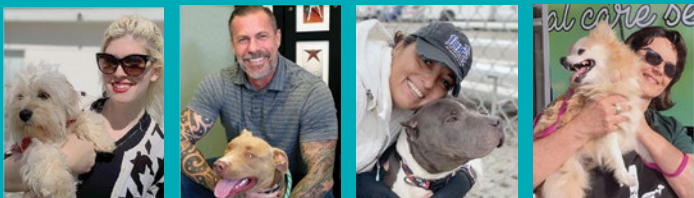
SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: www.LongBeachAnimalCare.com.

DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See page 21 and 22 for details.

ADOPT FROM LONG BEACH ANIMAL CARE SERVICES



FOLLOW US ON SOCIAL MEDIA



Facebook: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)
Instagram & Twitter: [@LBAnimalCare](https://www.instagram.com/LBAnimalCare)
www.longbeach.gov/acs

PET LICENSING BENEFITS

LICENSING IN LONG BEACH IS MORE THAN JUST A TAG

FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.

FREE RIDE HOME Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.

EXTENDED STAY When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption).

VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.

LOW COST PET CLINICS

Visit www.LongBeachAnimalCare.com for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Times, dates and locations are subject to change. Please visit www.SNPLA.org for spay/neuter information.

PET ADOPTION DAY
JUNE 15TH
10 A.M. - 4 P.M.



**P.D. Pitchford
Companion Animal Village &
Educational Center
7700 E. Spring Street,
Long Beach, CA**

spcaLA.com



RANCHO LOS CERRITOS HISTORIC LANDMARK

4600 North Virginia Road

(562) 206-2040 • www.RanchoLosCerritos.org

Museum Hours:

Wednesday-Sunday, 1- 5 p.m.

Rancho Los Cerritos is a National, State, and Long Beach historic landmark. The adobe home (circa 1844) celebrates its 175th anniversary in 2019!

Take a free tour of the historic two-story adobe house, guided by living history interpreters and house docents, during public hours. Free guided tours of the gardens are offered on Saturdays and Sundays, and Spanish-language tours are offered on the fourth Sunday of every month (or by request). Groups of 10 or more should make reservations at least two weeks in advance.

MUSEUM SHOP: An assortment of unique gift items: jams, scented soaps, pressed flower candles, hand-turned bowls and more from our historic trees and gardens! We also carry old-time children's toys and books. Every purchase supports educational programs and public events at the Rancho.

SUMMER EVENTS AT RANCHO LOS CERRITOS

CREATION STATION • Saturdays April 6, May 4, June 1, 1-4 p.m.

Nature-themed crafts and activities for families. Rain or shine. Free.

BIRD WALK • April 11, May 9, June 13, July 11, Aug 8 • 8 a.m.

Stroll through the grounds of the rancho and watch resident birds and seasonal migrants. Second Thursday of every month, 8am. Meet in RLC parking lot.

TONGVA TALKS AND WORKSHOPS

Join us for a series of special events connected to the exhibit "Tevaaxa'nga (Te-vaah-ha-nga) to Today: Stories of the Tongva People."

• Saturday, April 27, 10-11:30 a.m.-Julia Bogany, Tongva Tribal Council member, will lead a workshop where children can make necklaces and learn a few Tongva words. \$5 suggested donation.

• Saturday, June 15, 10 a.m.-12:30 p.m. Tongva artist Craig Torres will teach how to create clapper stick instruments from elderberry bush branches. Adults, and children ages 8 & up. \$8 per person. Register online or at door.

MOTHER'S DAY TEA Sunday, May 12, 11:00 a.m. \$50 adults, \$35 children.

Fête your mother, aunt, or another special woman in your life with our Mother's Day Tea. Enjoy sandwiches, scones and tea served by costumed docents. Advanced registration required.

WORKSHOP: VICTORIAN FLOWER-ARRANGING

Saturday, May 18, 10:00 a.m.

Horticulturist Marie Barnidge-McIntyre will lead a presentation on the meanings of flowers and herbs. Participants will arrange small bouquets to take home. Fee includes materials, wine, and cheese. \$45 per person. Register online.



ROMANCING THE WEST • Saturday, June 22, 6:30 p.m.

Documentary concert featuring singer/songwriter Christina Lynn Martin and cowboy balladeer Butch Martin spans 250 years of the American West, including Native Americans, Russian ships exploring the West Coast, the Spanish conquest of Alta California, the Missions, Lewis and Clark expedition, Oregon Trail, Trail of Tears, the Gold Rush, and coming of the railroad. The Roaring 20s, Great Depression, World War II, post-war boom, the Cold War, civil rights movement, and Vietnam bring the audience to today's political polarization. \$45 per person; \$20 youth/students. Dinner, non-alcoholic drinks, and show included. Register online.

MUD MANIA: A CELEBRATION OF ADOBE • Sunday, July 14, 12:30-4:30 p.m.

Activities include adobe brick-making, mud relay races, clay sculpting and archaeology adventures! De-mudding stations (but no showers); wear play clothes and bring a towel. Adults, \$7; children, \$5. Tickets on sale starting May 1.



SUMMER CONCERTS ON THE LAWN

Pack a picnic and invite friends for a free concert on the grounds. Gates open at 5 p.m., music from 5:30-7 p.m. Adobe home open for self-paced tours until intermission. Free. No pets allowed.

• Sunday, July 28-Bernie Pearl Blues Band with Barbara Morrison

• Sunday, August 25-Band of the California Battalion

SUMMER DAY CAMPS – NEW THEMES FOR 2019!

TIME-TRAVELERS CAMP • children ages 6-10, July 22-26, 2019, 10 a.m.-3 p.m.

Explore California history and the lives of children from the 1700s through 2000s through games, technology, and art. Campers will create a comic book, make dye using natural pigments, and try roping a cow. Program features a field trip to the Adventure Playground in Huntington Beach and daily culinary activities! Fees include materials, transportation, and t-shirt. Campers supply own lunches. Register online. Cost: Through April 30, \$150/week for members; \$175/week for nonmembers. After May 1, \$175/week for members, \$200/week for nonmembers.

NATURE CAMP children ages 6-10 • July 29-August 2, 2019, 10 a.m.-3 p.m.

Integrating playful exploration with nature-themed arts and science lessons, campers will explore their environment, make art from nature, sketch in nature journals, build with natural materials, identify plants and insects, find animal tracks, sculpt with clay, turn leaves into paper, write a group poem, paint the landscape, and feel joy and wonder. Fees include materials, transportation, t-shirt, a visit from a Tongva educator and a field trip to El Dorado Nature Center. Campers supply own lunches. Register online. Cost: Through April 30, \$150/week for members, \$175/week for non-members. After May 1, \$175/week for nonmembers, \$200/week for members.

VAQUERO CAMP for children ages 6-10 • August 5-9, 2019, 10 a.m.-3 p.m.



Combining music and movement, art, and history, campers will be immersed in the culture of Alta California, and make tortillas, pan for gold, create cascarones, swing a reatare, and learn folklorico dance steps. Campers will enjoy a visit from a cowboy and a petting zoo. Fees include materials, and a t-shirt. Campers supply own lunches. Register online. Cost: Through April 30, \$150/week for members, \$175/week for non-members; .After May 1, \$175/week members, \$200/week for nonmembers.

UNPLUGGED for children ages 11-13 • August 12-16, 2019, 10 a.m.-3 p.m.

Learn about science, technology, engineering, art and math (STEAM), 19th Century-style! Explore sustainability, adobe engineering, cooking, art, pin-hole cameras, building a penny battery, reading a compass, navigating a pioneer obstacle course, and competing in a Morse Code challenge. Fees include materials, and t-shirt. Campers supply their own lunches. Register online. Cost: Through April 30, \$150/week for members, \$175/week for non-members. After May 1, \$175/week for members, \$200/week for nonmembers.

VOLUNTEER OPPORTUNITIES

TEEN VOLUNTEER INFO SESSION • Wednesday, June 26, 10 a.m. or 2 p.m.

Join us at 10 a.m. or 2 p.m. to hear about summer high school volunteer opportunities—helping with day camps, special events, or gardening. RSVP to rancho@rancholoscerritos.org or call 562.206.2054.

RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541 • www.RanchoLosAlamitos.org • PUBLIC HOURS: Wednesday- Sunday, 1-5 p.m. Enter through Bixby Hill residential gate at Anaheim and Palo Verde. Free admission.

Rancho Los Alamitos is a National Register site and home to diverse cultures for over 1,500 years. It includes a ranch house c.1800-1933 with a core of adobe, four acres of historic gardens, an interpretive center, and a restored barnyard area which houses livestock including horses, sheep, goats, chickens, ducks and rabbits.

Tours: Docent-guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Docent-guided or self-guided garden tours are available. Free admission and parking. The Museum Shop is open 1-5 p.m.

FIRE & GRACE & ASH | THE DA CAMERA SOCIETY CONCERT

Sunday, May 5 • Performances at 1:00, 3:00 and 5:00 p.m. • \$80/person
A "Chamber Music in Historic Sites" Concert

Step into the California Rancho period at this magnificently restored "Ranch of the Little Cottonwoods," including four acres of historic gardens, a ranch house, and barnyard-which served as home to generations of the Bixby family. A trio of musicians take you on a musical adventure blending Bach, Bluegrass and Celtic guitar featuring unique arrangements of Baroque music with detours along the path to gentle and foot-stomping American fiddle tunes. Advance reservations required at DaCamera.org.

MOTHER'S DAY WEEKEND WORKSHOP AT RANCHO LOS ALAMITOS

Saturday, May 11 • 9:30am-12:30pm • \$80/person (\$60/RLA member)
Spend a morning at Rancho Los Alamitos. Culinary demos featuring brunch recipes and tastings plus soap-making with essential oils, herbs and flowers. Take home recipes, and three hand-made soaps. Price includes all materials. Advance reservations required by phone or at RanchoLosAlamitos.org.

CURATED TOURS OF FLORENCE BIXBY'S GARDENS AT THE RANCHO

Saturdays • May 11 and June 8 • noon-2:30pm • \$10/person
The guide for your 2½ hour tour will be Rancho Los Alamitos's historic gardens expert, Janet Brown Becker. Suitable for adults and teens. Space is limited. The \$10 registration fee is transferable but not refundable. (The same tour will be conducted on both dates.) Advance reservations required. Please call (562) 431-3541 or register at the Rancho's website.

MUSEUM POP-UP SHOP OF LOCAL ARTISTS

July, Wednesday-Sunday • 1:00-5:00pm • Free admission
The Rancho's Museum Shop will be hosting a pop-up shop featuring the work of local artists. Stop in to view and purchase the unique designs of our community's creatives including jewelry, glass, specialty foods, home and garden décor and more.

FARM DINNER AT THE RANCH

Saturday, August 24 • 5:30pm-9:00pm • \$150/person
Enjoy a gracious garden party reception with a down-home "ranch" flair, then dine amid the corrals, barns and farm animals for a delightful evening of remarkable food and lively entertainment. Proceeds support the educational mission of Rancho Los Alamitos.

EXCLUSIVE TOUR AND LUNCHEON

Your group of 10 or more can reserve an exclusive tour and an elegant catered luncheon served to you in the Rancho garden. Advance reservations are required and the date is subject to availability. Visit the Rancho's website for menus & pricing. For information or to schedule a group tour, please call the Rancho at (562) 431-3541.

Natural Gas Safety

YOUR SAFETY | OUR PRIORITY

STAY GAS SAFE



SAFETY CHECK

Have your gas appliances safety checked every year.

ALARM

Install a carbon monoxide alarm in your home.

FLAME

Lazy yellow flames could mean your gas appliance has a fault.

EMERGENCY

Call our emergency line if you suspect a gas leak.

CITY OF
LONG BEACH
ENERGY RESOURCES



24-Hour Emergency Line: (562) 570-2140
www.lbenenergyresources.org
f www.facebook.com/GO.COLB.ER

EL DORADO NATURE CENTER

7550 East Spring Street
(562) 570-1745

www.longbeach.gov/naturecenter

NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.-5 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

CELEBRATING 50 YEARS, 1969-2019



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

SPECIAL EVENTS

Pre-registration is required. Call (562) 570-1745 to register.

12TH ANNUAL EL DORADO NABA BUTTERFLY COUNT

Help gather important data about which species call the Nature Center home. Beginners are welcome. Bring water, sun protection and a sack lunch.

Saturday, July 13, 9:45 a.m.-noon and/or 12:30-3:15 p.m.
All ages. \$5 per person. Children under 2 are free.



LIARS, THIEVES AND CHOCOLATE-AN EVENING OF STORYTELLING

Come delight both your stomach and your mind! Local storytellers will bedazzle you with stories and chocolate delicacies.

Saturday, June 8, 7:30 p.m. Ages 12 & up. \$5 per person

DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes. Saturdays, June 8, July 13, August 10. 10 a.m.-3 p.m. Adults only. \$120 per person for unit of three classes.

EL DORADO AUDUBON SOCIETY YEAR-END CELEBRATION

Twilight bird walk and a delicious potluck.

Thursday, June 20, 5:30 p.m. Free. Bring a dish to share.

VOLUNTEER OPPORTUNITIES

Pre-registration is required. Call (562) 570-1745 to register.

WETLAND WARRIOR CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes, bring water and wear a hat and sunscreen. Rain cancels. Meet next to 101 Golden Shore Ave.

Saturdays, June 15, July 20 & August 17, 10 a.m.-noon.

1ST SATURDAY STEWARDS-SERVICE LEARNING OPPORTUNITY

Get your hands dirty and help us improve the Nature Center's California native habitat. Wear sturdy shoes, bring water and wear a hat and sunscreen. Saturdays, June 1, July 6 & August 3, 10 a.m.-noon.

EL DORADO REGIONAL PARK CLEANUP

Join fellow park-lovers to clean up fishing line and other debris from our beautiful park and lakes. An hour of your time can really make a difference! Wear sturdy shoes, bring water and wear a hat and sunscreen. All ages welcome. Children and youth under 18 must bring an adult. Meet at the parking lot next to the pedal boat dock in Area III. Call (562) 570-1745 to register.

Saturdays, June 22, July 27 & August 24, 9-10 a.m.

2019 CALIFORNIA COASTAL CLEANUP DAY

You can take an active role in keeping our coastline clean and healthy. Clean-ups will take place at beaches throughout the city. Call for more information. Saturday, September 21, 9 a.m.-noon.



NATURE KIDS! DISCOVERY CAMP

Pre-registration is required for all classes.

Join us at the Nature Center for fun and exploration this summer! Children will experience nature through investigation, hands-on activities, games and crafts. A simple snack will be provided. Visit www.lbparks.org to register.



PRESCHOOL SESSIONS

9-11 a.m. 3-5 years old. Children must be potty-trained. This is not a parent participation class. \$100 per week

Science is Everywhere • 32322 • June 17-21

Science can be exciting and . . . messy. Let's see what we can mix together, or take apart to find out what makes nature so wondrous.

Worms Eat My Garbage • 32323 • July 8-12

Discover why worms eat our garbage. What do they like best? Make a dish garden from leftovers to find out and to learn how plants benefit from the worms munching and crunching on scraps.

Creature Power! • 32324 • July 29-August 2

Join the "Kratt Siblings" for a science based adventure. We will activate our power suits as we head out on the trail and learn about the creatures of El Dorado Nature Center!

Pond Friends • 32325 • August 12-16

Dive into the life of turtles, frogs, dragonflies, and other cool friends we might encounter as we learn about life in the pond.



YOUTH SESSIONS

9 a.m.-noon. 5-8 years old. Children must have completed kindergarten. \$120 per week.

Movin' and Groovin' • 32326 • June 24-28

2, 4, 6, 8, having legs is just so great! (How do those with no legs rate)? Come explore the variety of animals that live at the Nature Center and discover how their movement helps them survive in the wild. Let's watch them slither, hop, jump and crawl their way around.

Pass the Energy Please • 32327 • July 22-26

Where do you get your get-up-and-go? What makes a tree or a gopher snake grow? All living things are links in a chain. Let's explore how life passes from one to another and around again.

34 REGISTER ONLINE AT WWW.LBPARKS.ORG

Creatures of the Night • 32328 • August 5-9

While you're fast asleep, the Nature Center night crew critters are hard at work doing their part to keep the habitat healthy and in balance. Don't drive yourself batty wondering whooo they are, join the class and learn their not-so-secret identities and special skills.

Animal Transformers • 32329 • August 19-23

Is that a butterfly or an owl? A leaf or an insect? Learn the wonderful ways living things can change shape, color and size in order to disguise. We'll use our senses and imagination to go beyond the ordinary and discover that in nature there's more than meets the eye.

JR. NATURALIST PROGRAM

Junior Naturalist Program 32330 • July 15-19

9 a.m.-noon. 9 -12 years old, \$120 per week



Join our Naturalist team as we go behind the scenes for a week-long adventure. We will learn how to care for the living things within the Nature Center and the world beyond. Exciting, hands-on projects will help us understand the importance of habitat and how we can support wildlife in our own neighborhoods.

EL DORADO NATURE CENTER 50TH ANNIVERSARY CALENDAR

50 WAYS TO FIND YOUR CENTER!



Under construction, late 60's



Completed Center, early 70's



Hikers in the 70's



Old entry sign



1989



1999

SUMMER SOLSTICE CELEBRATION

Join us to kick-off our 50th anniversary! Celebrate 50 years of Nature Center history with an evening honoring the land and people who have helped make this place special. Join us for music, dance and celebration. Family friendly event. Bring low chairs or blankets and an earth-friendly picnic dinner.

Friday, June 21. Gates open at 5:30 p.m. Celebration begins at 6 p.m.

FAMILY NIGHTWALKS

Pre-registration is required

What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. 7-9 p.m. All ages. \$5 per person. Children under 2 are free.

| | | | | | |
|-------|---------|-------|----------|-------|-----------|
| 32311 | June 18 | 32315 | July 16 | 32319 | August 13 |
| 32312 | June 25 | 32316 | July 23 | 32320 | August 20 |
| 32313 | July 2 | 32317 | July 30 | 32321 | August 27 |
| 32314 | July 9 | 32318 | August 6 | | |

EDUCATION STATIONS

Learn more about the plants and animals that make the Nature Center their home. Visit one of our interactive tables out on the trail. Lots of things to see and touch. 9 a.m. to noon.

Wednesdays

June 26
July 3, 10, 17, 24 & 31
August 7, 14, 21 & 28

Fridays

June 28
July 5, 12, 19 & 26
August 2, 9, 16, 23 & 30



A NIGHT WITH THE STARS!

Join Friends of El Dorado Nature Center and the Orange County Astronomy Club as we spend an evening gazing at the night sky and enjoying a Hollywood classic. Stars will be up above and on the big screen for this special evening of exploration and entertainment.



Located at Possum Patch near the end of the parking lot. Parking opens at 7 p.m. Movie begins at 8 p.m. Bring low chairs or blankets and an earth-friendly picnic dinner.

June 29-Close Encounters of the Third Kind
August 24-E.T. the Extra-Terrestrial

SUMMER CONCERT SERIES



Come for a sunset picnic while enjoying some of SoCal's best musicians. Bring low chairs or blankets and an earth-friendly picnic dinner.

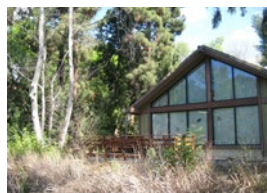
Gates open at 6:30 p.m. Concert from 7-8 p.m. \$3 suggested donation to Friends of El Dorado Nature Center.

Thursdays

June 13-JP McDermott and Western Bop-Rockabilly
June 27-Steel Parade-Steel Drum/Calypto
July 11-Corday-Classic Rock
July 25-Salty Suites-Bluegrass
August 8-Big City Hillbillies-Country
August 22-Sligo Rags-Celtic Rock



ARTISAN CRAFT FAIRE



Support the extended Nature Center community at our craft revival! Shop for specialty items made by local artists and crafters. Saturdays, 9 a.m.-2 p.m.

June 29
July 6, 13, 20 & 27
August 3, 10, 17, 24 & 31

EXPRESS YOUR LOVE OF THE NATURE CENTER THROUGH ART!

Be a part of Nature Center history by taking part in our visitor-created mural. The resulting nature-inspired artwork will go on display for others to enjoy. All ages. Call (562) 570-1745 for more information.



EL DORADO EAST REGIONAL PARK

7500 Spring Street
(562) 570-1771

HOURS: Spring/Summer: 7 a.m.-8 p.m.
March 1-October 31
Fall/Winter: 7 a.m.-5 p.m.
November 1-February 28

VEHICLE ENTRY FEES

CASH ONLY: Monday-Thursday: \$5 • Friday: \$6
Saturday and Sunday: \$7 • Holidays: \$8
School Buses: \$30 • Other buses: \$35 daily

ANNUAL PARKING PASSES

- General Public Fee: \$60 Each
- Seniors ages 50+/Disabled Fee: \$35 Each

Parking passes are available for purchase at:
Administration Office, 2760 Studebaker Road
Administration Office hours: M-F, 8 a.m.-5 p.m.

El Dorado Nature Center, 7550 E. Spring Street.
Center hours: Tu-Su, 8:30 a.m.-4 p.m.

AMENITIES AND SERVICES



- Archery range with target butts
- Barbecue grills-First come, first served
- Bicycle trails-paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked Fishing lakes (license required for 16+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center-Closed Mondays
- Park Ranger supervision
- Physical Fitness Course-12 stations-Area II
- Picnic Areas-first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 11 a.m.-5 p.m., Saturdays and Sundays, rain permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)249-8330. Our new website address is: www.theeldoradofrontier.com.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals-Wheel Fun Rentals, call (805) 650-7770.

HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park
(562) 570-1655

Hours: Monday-Thursday 3-10 p.m.
Saturday 10 a.m.- 6 p.m.
Sunday 9 a.m.-6 p.m.
Closed Fridays

FREE CLASSES AND WORKSHOPS!

Winner of Excellence California Park and Recreation Society.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.



Afrikan Drum/Dance

10 a.m.-4 p.m. Sa

Aztec Dance

7-9 p.m. W

Ballet Folklórico

5-7 p.m. Tu

Bokator (Martial Arts)

7-9 p.m. Th

Breakdancing for Kids

4-6 p.m. Tu

Cambodian Art and Music

2-4 p.m. Sa

Drums

4-6 p.m. Tu

Hmong Arts

9 a.m.-2 p.m. Su

Instant Band

(Music Improvisations)

4-6 p.m. Sa

Krump Dance

7-9 p.m. Th

Micronesian Arts

2-6 p.m. Su

Movie Makers Workshop

1-3 p.m. Su

Popping and Breakdance

6-10 p.m. Su

Happy Senior Line Dance

3-5 p.m. Tu, W



CABRILLO HIGH SCHOOL POOL

3001 Santa Fe Avenue • (562) 570-1807

GENERAL INFORMATION:

The Cabrillo High School Swimming Pool is a summer only, outdoor pool with water temperature maintained at a comfortable 83-84 degrees. Children must be at least 42" tall or accompanied by an adult in the water. Swimsuits are required. Infants must wear "swim diapers". Schedule is effective from June 17 to August 23 and may be subject to change.

OPEN SWIM FEES:

Youth (17 years and under): Free, compliments of LBUSD

Adults (18 years and over): Free, compliments of LBUSD

Seniors (50 years and over): Free, compliments of LBUSD

ADULT LAP SWIM M-F noon-2 p.m.

ALL AGES RECREATIONAL SWIM M-F noon-2 p.m.

SWIMMING CLASSES

The following are conducted during two-week sessions M-Th. **ONLINE REGISTRATION ONLY**-No registration accepted at the facility. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test prior to classes starting. Note: Schedule may be subject to change.

AQUATICS – PARENT & CHILD

Skills taught in Parent & Child include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | |
|-------|-------------|-----------|-------------|------|
| 33288 | 6 Mos-3 Yrs | 6/17-6/27 | 5-5:25 p.m. | M-Th |
| 33289 | 6 Mos-3 Yrs | 7/1-7/11 | 5-5:25 p.m. | M-Th |
| 33290 | 6 Mos-3 Yrs | 7/15-7/25 | 5-5:25 p.m. | M-Th |
| 33291 | 6 Mos-3 Yrs | 7/29-8/8 | 5-5:25 p.m. | M-Th |
| 33292 | 6 Mos-3 Yrs | 8/12-8/22 | 5-5:25 p.m. | M-Th |

AQUATICS – PRE SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | |
|-------|---------|-----------|----------------|------|
| 33293 | 3-5 Yrs | 6/17-6/27 | 3-3:25 p.m. | M-Th |
| 33294 | 3-5 Yrs | 6/17-6/27 | 3:30-3:55 p.m. | M-Th |
| 33295 | 3-5 Yrs | 7/1-7/11 | 3-3:25 p.m. | M-Th |
| 33296 | 3-5 Yrs | 7/1-7/11 | 3:30-3:55 p.m. | M-Th |
| 33297 | 3-5 Yrs | 7/15-7/25 | 3-3:25 p.m. | M-Th |
| 33298 | 3-5 Yrs | 7/15-7/25 | 3:30-3:55 p.m. | M-Th |
| 33299 | 3-5 Yrs | 7/29-8/8 | 3-3:25 p.m. | M-Th |
| 33300 | 3-5 Yrs | 7/29-8/8 | 3:30-3:55 p.m. | M-Th |
| 33301 | 3-5 Yrs | 8/12-8/22 | 3-3:25 p.m. | M-Th |
| 33302 | 3-5 Yrs | 8/12-8/22 | 3:30-3:55 p.m. | M-Th |

AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

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|-------|---------|-----------|-------------|------|
| 33303 | 3-5 Yrs | 6/17-6/27 | 3-3:25 p.m. | M-Th |
| 33304 | 3-5 Yrs | 7/1-7/11 | 3-3:25 p.m. | M-Th |
| 33305 | 3-5 Yrs | 7/15-7/25 | 3-3:25 p.m. | M-Th |
| 33306 | 3-5 Yrs | 7/29-8/8 | 3-3:25 p.m. | M-Th |
| 33307 | 3-5 Yrs | 8/12-8/22 | 3-3:25 p.m. | M-Th |

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

| | | | | |
|-------|----------|-----------|----------------|------|
| 33248 | 6-12 Yrs | 6/17-6/27 | 3:30-3:55 p.m. | M-Th |
| 33249 | 6-12 Yrs | 6/17-6/27 | 4-4:25 p.m. | M-Th |
| 33250 | 6-12 Yrs | 7/1-7/11 | 3:30-3:55 p.m. | M-Th |
| 33251 | 6-12 Yrs | 7/1-7/11 | 4-4:25 p.m. | M-Th |
| 33252 | 6-12 Yrs | 7/15-7/25 | 3:30-3:55 p.m. | M-Th |
| 33253 | 6-12 Yrs | 7/15-7/25 | 4-4:25 p.m. | M-Th |
| 33254 | 6-12 Yrs | 7/29-8/8 | 3:30-3:55 p.m. | M-Th |
| 33255 | 6-12 Yrs | 7/29-8/8 | 4-4:25 p.m. | M-Th |
| 33256 | 6-12 Yrs | 8/12-8/22 | 3:30-3:55 p.m. | M-Th |
| 33257 | 6-12 Yrs | 8/12-8/22 | 4-4:25 p.m. | M-Th |

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

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|-------|----------|-----------|----------------|------|
| 33258 | 6-12 Yrs | 6/17-6/27 | 3:30-3:55 p.m. | M-Th |
| 33259 | 6-12 Yrs | 6/17-6/27 | 4-4:25 p.m. | M-Th |
| 33260 | 6-12 Yrs | 7/1-7/11 | 3:30-3:55 p.m. | M-Th |
| 33261 | 6-12 Yrs | 7/1-7/11 | 4-4:25 p.m. | M-Th |
| 33262 | 6-12 Yrs | 7/15-7/25 | 3:30-3:55 p.m. | M-Th |
| 33263 | 6-12 Yrs | 7/15-7/25 | 4-4:25 p.m. | M-Th |
| 33264 | 6-12 Yrs | 7/29-8/8 | 3:30-3:55 p.m. | M-Th |
| 33265 | 6-12 Yrs | 7/29-8/8 | 4-4:25 p.m. | M-Th |
| 33266 | 6-12 Yrs | 8/12-8/22 | 3:30-3:55 p.m. | M-Th |
| 33267 | 6-12 Yrs | 8/12-8/22 | 4-4:25 p.m. | M-Th |

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

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|-------|----------|-----------|----------------|------|
| 33268 | 6-12 Yrs | 6/17-6/27 | 4-4:25 p.m. | M-Th |
| 33269 | 6-12 Yrs | 6/17-6/27 | 4:30-4:55 p.m. | M-Th |
| 33270 | 6-12 Yrs | 7/1-7/11 | 4-4:25 p.m. | M-Th |
| 33271 | 6-12 Yrs | 7/1-7/11 | 4:30-4:55 p.m. | M-Th |
| 33272 | 6-12 Yrs | 7/15-7/25 | 4-4:25 p.m. | M-Th |
| 33273 | 6-12 Yrs | 7/15-7/25 | 4:30-4:55 p.m. | M-Th |
| 33274 | 6-12 Yrs | 7/29-8/8 | 4-4:25 p.m. | M-Th |
| 33275 | 6-12 Yrs | 7/29-8/8 | 4:30-4:55 p.m. | M-Th |
| 33276 | 6-12 Yrs | 8/12-8/22 | 4-4:25 p.m. | M-Th |
| 33277 | 6-12 Yrs | 8/12-8/22 | 4:30-4:55 p.m. | M-Th |

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

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|-------|----------|-----------|-----------------|------|
| 33278 | 6-12 Yrs | 6/17-6/27 | 4:30 -4:55 p.m. | M-Th |
| 33279 | 6-12 Yrs | 7/1-7/11 | 4:30-4:55 p.m. | M-Th |
| 33280 | 6-12 Yrs | 7/15-7/25 | 4:30-4:55 p.m. | M-Th |
| 33281 | 6-12 Yrs | 7/29-8/8 | 4:30-4:55 p.m. | M-Th |
| 33282 | 6-12 Yrs | 8/12-8/22 | 4:30-4:55 p.m. | M-Th |

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

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|-------|----------|-----------|----------------|------|
| 33283 | 6-12 Yrs | 6/17-6/27 | 4:30-4:55 p.m. | M-Th |
| 33284 | 6-12 Yrs | 7/1-7/11 | 4:30-4:55 p.m. | M-Th |
| 33285 | 6-12 Yrs | 7/15-7/25 | 4:30-4:55 p.m. | M-Th |
| 33286 | 6-12 Yrs | 7/29-8/8 | 4:30-4:55 p.m. | M-Th |
| 33287 | 6-12 Yrs | 8/12-8/22 | 4:30-4:55 p.m. | M-Th |

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

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|-------|----------|-----------|-------------|------|
| 33243 | 6-12 Yrs | 6/17-6/27 | 3-3:25 p.m. | M-Th |
| 33244 | 6-12 Yrs | 7/1-7/11 | 3-3:25 p.m. | M-Th |
| 33245 | 6-12 Yrs | 7/15-7/25 | 3-3:25 p.m. | M-Th |
| 33246 | 6-12 Yrs | 7/29-8/8 | 3-3:25 p.m. | M-Th |
| 33247 | 6-12 Yrs | 8/12-8/22 | 3-3:25 p.m. | M-Th |

AQUATICS - ADULTS

Skills taught in Adult class include: learning and building skill in front crawl, back crawl, breaststroke, and sidestroke.

| | | | | |
|-------|-------------|-----------|-------------|------|
| 33238 | 13 Yrs & up | 6/17-6/27 | 5-5:25 p.m. | M-Th |
| 33239 | 13 Yrs & up | 7/1-7/11 | 5-5:25 p.m. | M-Th |
| 33240 | 13 Yrs & up | 7/15-7/25 | 5-5:25 p.m. | M-Th |
| 33241 | 13 Yrs & up | 7/29-8/8 | 5-5:25 p.m. | M-Th |
| 33242 | 13 Yrs & up | 8/12-8/22 | 5-5:25 p.m. | M-Th |

LBUSD SPONSORED SWIM LESSONS

All summer 2019 swim lessons at Cabrillo High School Pool are offered free of charge compliments of the Long Beach Unified School District. Swim lesson availability is on a first come, first served basis. Only online registration will be accepted-no lesson registrations will be processed at the pool facility.

LA84 SWIM TEAM

Novice Youth Swim Team. Come participate in a competitive swim training program. Scholarships are available. Training is Monday through Thursday 2-3 p.m.

BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80-82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED MONDAY, MAY 27 (MEMORIAL DAY). THURSDAY, JULY 4 (INDEPENDENCE DAY). MONDAY, SEPTEMBER 2 (LABOR DAY).**

OPEN SWIM FEES

Youth (ages 17 yrs & under) \$1 FREE June 17-August 25 compliments of LBUSD. Seniors (ages 50 yrs & over) \$3, Adults (ages 18-49 yrs) \$4

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$58, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

| | | |
|-------|-------------------|--------------|
| M-F | 5:30-9:30 a.m. | Long Course |
| M-F | noon-1 p.m. | Short Course |
| Tu Th | 7-9 p.m. | Short Course |
| Sa | 8 a.m.-12:30 p.m. | Short Course |
| Su | 8 a.m.-12:30 p.m. | Long Course |

ALL AGES RECREATION SWIM

| | |
|-------|----------|
| M-Su | 1-3 p.m. |
| M W F | 7-9 p.m. |

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults or \$42 for a fitness pass valid for 10 classes.

| | | |
|-------------------------|----------|---------------|
| Shallow Water Exercise: | M W F Su | 11-11:50 a.m. |
| | Tu Th | 7:10-8 p.m. |
| Deep Water Exercise: | M W F Su | 10-10:50 a.m. |

SWIM LESSONS

Class options: Saturday mornings, Monday/Wednesday evenings, Tuesday/Thursday evenings and Monday-Thursday mornings. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line (lbiparks.org) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbiparks.org> to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

REGISTRATION DATES

Lessons Start Date Registration begins:

| | | |
|-----------|-------|-------------------|
| 7/1-7/12 | M-Th | June 24 at 8 a.m. |
| 7/15-7/26 | M-Th | July 8 at 8 a.m. |
| 7/29-8/9 | M-Th | July 22 at 8 a.m. |
| 7/15-8/7 | M W | July 1 at 8 a.m. |
| 7/16-8/8 | Tu Th | July 2 at 8 a.m. |

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

| | | | | | |
|-------|-------------|-----------|------------------|------|---------|
| 32504 | 9 Mos-2 Yrs | 6/18-7/11 | 3-3:25 p.m. | T Th | \$38.50 |
| 32505 | 9 Mos-2 Yrs | 7/16-8/8 | 3-3:25 p.m. | T Th | \$44 |
| 32506 | 9 Mos-2 Yrs | 6/17-7/10 | 6:30-6:55 p.m. | M W | \$44 |
| 32507 | 9 Mos-2 Yrs | 7/15-8/7 | 6:30-6:55 p.m. | M W | \$44 |
| 32508 | 9 Mos-2 Yrs | 6/22-8/10 | 9-9:25 a.m. | Sa | \$44 |
| 32509 | 9 Mos-2 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$44 |
| 32510 | 9 Mos-2 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$44 |
| 32511 | 9 Mos-2 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$38.50 |
| 32512 | 9 Mos-2 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$44 |
| 32513 | 9 Mos-2 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$44 |

AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | | |
|-------|---------|-----------|------------------|------|---------|
| 32514 | 3-5 Yrs | 6/17-7/10 | 3-3:25 p.m. | M W | \$44 |
| 32515 | 3-5 Yrs | 7/15-8/7 | 3-3:25 p.m. | M W | \$44 |
| 32516 | 3-5 Yrs | 6/18-7/11 | 3-3:25 p.m. | T Th | \$38.50 |
| 32517 | 3-5 Yrs | 7/16-8/8 | 3-3:25 p.m. | T Th | \$44 |
| 32518 | 3-5 Yrs | 6/17-7/10 | 5-5:25 p.m. | M W | \$44 |
| 32519 | 3-5 Yrs | 7/15-8/7 | 5-5:25 p.m. | M W | \$44 |
| 32520 | 3-5 Yrs | 6/18-7/11 | 5-5:25 p.m. | T Th | \$38.50 |
| 32521 | 3-5 Yrs | 7/16-8/8 | 5-5:25 p.m. | T Th | \$44 |
| 32522 | 3-5 Yrs | 6/22-8/10 | 9-9:25 a.m. | Sa | \$44 |
| 32523 | 3-5 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$44 |
| 32524 | 3-5 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$44 |
| 32525 | 3-5 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$38.50 |
| 32526 | 3-5 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$44 |
| 32527 | 3-5 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$44 |
| 32528 | 3-5 Yrs | 6/17-6/27 | 11-11:25 a.m. | M-Th | \$44 |
| 32529 | 3-5 Yrs | 7/1-7/11 | 11-11:25 a.m. | M-Th | \$38.50 |
| 32530 | 3-5 Yrs | 7/15-7/25 | 11-11:25 a.m. | M-Th | \$44 |
| 32531 | 3-5 Yrs | 7/29-8/8 | 11-11:25 a.m. | M-Th | \$44 |

AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

| | | | | | |
|-------|---------|-----------|----------------|------|---------|
| 32532 | 3-5 Yrs | 6/17-7/10 | 3-3:25 p.m. | M W | \$44 |
| 32533 | 3-5 Yrs | 7/15-8/7 | 3-3:25 p.m. | M W | \$44 |
| 32534 | 3-5 Yrs | 6/18-7/11 | 3:30-3:55 p.m. | T Th | \$38.50 |
| 32535 | 3-5 Yrs | 7/16-8/8 | 3:30-3:55 p.m. | T Th | \$44 |
| 32536 | 3-5 Yrs | 6/17-7/10 | 5-5:25 p.m. | M W | \$44 |
| 32537 | 3-5 Yrs | 7/15-8/7 | 5-5:25 p.m. | M W | \$44 |
| 32538 | 3-5 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$38.50 |
| 32539 | 3-5 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$44 |
| 32540 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$44 |
| 32541 | 3-5 Yrs | 6/22-8/10 | 11-11:25 a.m. | Sa | \$44 |
| 32542 | 3-5 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$44 |
| 32543 | 3-5 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$38.50 |
| 32544 | 3-5 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$44 |
| 32545 | 3-5 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$44 |
| 32546 | 3-5 Yrs | 6/17-6/27 | 11-11:25 a.m. | M-Th | \$44 |
| 32547 | 3-5 Yrs | 7/1-7/11 | 11-11:25 a.m. | M-Th | \$38.50 |
| 32548 | 3-5 Yrs | 7/15-7/25 | 11-11:25 a.m. | M-Th | \$44 |
| 32549 | 3-5 Yrs | 7/29-8/8 | 11-11:25 a.m. | M-Th | \$44 |

AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

| | | | | | |
|-------|---------|-----------|----------------|-----|------|
| 32550 | 3-5 Yrs | 6/17-7/10 | 3:30-3:55 p.m. | M W | \$44 |
|-------|---------|-----------|----------------|-----|------|

38 VISIT WWW.100DAYSOFSUMMER.ORG FOR WAYS TO STAY AND PLAY IN LONG BEACH THIS SUMMER

| | | | | | |
|-------|---------|-----------|-----------------|------|---------|
| 32551 | 3-5 Yrs | 7/15-8/9 | 3:30-3:55 p.m. | M W | \$44 |
| 32552 | 3-5 Yrs | 6/18-7/11 | 3:30 -3:55 p.m. | T Th | \$38.50 |
| 32553 | 3-5 Yrs | 7/16-8/8 | 3:30-3:55 p.m. | T Th | \$44 |
| 32554 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$44 |
| 32555 | 3-5 Yrs | 6/17-6/27 | 11-11:25 a.m. | M-Th | \$44 |
| 32556 | 3-5 Yrs | 7/1-7/11 | 11-11:25 a.m. | M-Th | \$38.50 |
| 32557 | 3-5 Yrs | 7/15-7/25 | 11-11:25 a.m. | M-Th | \$44 |
| 32558 | 3-5 Yrs | 7/29-8/8 | 11-11:25 a.m. | M-Th | \$44 |

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|---------|
| 32441 | 6-12 Yrs | 6/17-7/10 | 3:30-3:55 p.m. | M W | \$44 |
| 32442 | 6-12 Yrs | 7/15-8/7 | 3:30-3:55 p.m. | M W | \$44 |
| 32443 | 6-12 Yrs | 6/18-7/11 | 4-4:25 p.m. | T Th | \$38.50 |
| 32444 | 6-12 Yrs | 7/16-8/8 | 4 p.m.-4:25 p.m. | T Th | \$44 |
| 32445 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$44 |
| 32446 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$44 |
| 32447 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$38.50 |
| 32448 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$44 |
| 32449 | 6-12 Yrs | 6/22-8/10 | 10-10:25 a.m. | Sa | \$44 |
| 32450 | 6-12 Yrs | 6/22-8/10 | 11-11:25 a.m. | Sa | \$44 |
| 32451 | 6-12 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32452 | 6-12 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$38.50 |
| 32453 | 6-12 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32454 | 6-12 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32455 | 6-12 Yrs | 6/17-6/27 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32456 | 6-12 Yrs | 7/1-7/11 | 11:30-11:55 a.m. | M-Th | \$38.50 |
| 32457 | 6-12 Yrs | 7/15-7/25 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32458 | 6-12 Yrs | 7/29-8/8 | 11:30-11:55 a.m. | M-Th | \$44 |

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|---------|
| 32459 | 6-12 Yrs | 6/17-7/10 | 4-4:25 p.m. | M W | \$44 |
| 32460 | 6-12 Yrs | 7/15-8/7 | 4-4:25 p.m. | M W | \$44 |
| 32461 | 6-12 Yrs | 6/18-7/11 | 4-4:25 p.m. | T Th | \$38.50 |
| 32462 | 6-12 Yrs | 7/16-8/8 | 4-4:25 p.m. | T Th | \$44 |
| 32463 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$44 |
| 32464 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$44 |
| 32465 | 6-12 Yrs | 6/18-7/11 | 6-6:25 p.m. | T Th | \$38.50 |
| 32466 | 6-12 Yrs | 7/16-8/8 | 6-6:25 p.m. | T Th | \$44 |
| 32467 | 6-12 Yrs | 6/22-8/10 | 10-10:25 a.m. | Sa | \$44 |
| 32468 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$44 |
| 32469 | 6-12 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32470 | 6-12 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$38.50 |
| 32471 | 6-12 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32472 | 6-12 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32473 | 6-12 Yrs | 6/17-6/27 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32474 | 6-12 Yrs | 7/1-7/11 | 11:30-11:55 a.m. | M-Th | \$38.50 |
| 32475 | 6-12 Yrs | 7/15-7/25 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32476 | 6-12 Yrs | 7/29-8/8 | 11:30-11:55 a.m. | M-Th | \$44 |

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|---------|
| 32477 | 6-12 Yrs | 6/17-7/10 | 4-4:25 p.m. | M W | \$44 |
| 32478 | 6-12 Yrs | 7/15-8/7 | 4-4:25 p.m. | M W | \$44 |
| 32479 | 6-12 Yrs | 6/18-7/11 | 4:30-4:55 p.m. | T Th | \$38.50 |
| 32480 | 6-12 Yrs | 7/16-8/8 | 4:30-4:55 p.m. | T Th | \$44 |
| 32481 | 6-12 Yrs | 6/17-7/10 | 6-6:25 p.m. | M W | \$44 |
| 32482 | 6-12 Yrs | 7/15-8/7 | 6-6:25 p.m. | M W | \$44 |
| 32483 | 6-12 Yrs | 6/18-7/11 | 6:30-6:55 p.m. | T Th | \$38.50 |
| 32484 | 6-12 Yrs | 7/16-8/8 | 6:30-6:55 p.m. | T Th | \$44 |
| 32485 | 6-12 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$44 |
| 32486 | 6-12 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32487 | 6-12 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$38.50 |
| 32488 | 6-12 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32489 | 6-12 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$44 |
| 32490 | 6-12 Yrs | 6/17-6/27 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32491 | 6-12 Yrs | 7/1-7/11 | 11:30-11:55 a.m. | M-Th | \$38.50 |
| 32492 | 6-12 Yrs | 7/15-7/25 | 11:30-11:55 a.m. | M-Th | \$44 |
| 32493 | 6-12 Yrs | 7/29-8/8 | 11:30-11:55 a.m. | M-Th | \$44 |

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

| | | | | | |
|-------|----------|-----------|----------------|------|---------|
| 32494 | 6-12 Yrs | 6/17-7/10 | 4:30-4:55 p.m. | M W | \$44 |
| 32495 | 6-12 Yrs | 7/15-8/7 | 4:30-4:55 p.m. | M W | \$44 |
| 32496 | 6-12 Yrs | 6/18-7/11 | 4:30-4:55 p.m. | T Th | \$38.50 |
| 32497 | 6-12 Yrs | 7/16-8/8 | 4:30-4:55 p.m. | T Th | \$44 |
| 32498 | 6-12 Yrs | 6/22-8/10 | 8:30-8:55 a.m. | Sa | \$44 |

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

| | | | | | |
|-------|----------|-----------|----------------|------|---------|
| 32499 | 6-12 Yrs | 6/17-7/10 | 4:30-4:55 p.m. | M W | \$44 |
| 32500 | 6-12 Yrs | 7/15-8/7 | 4:30-4:55 p.m. | M W | \$44 |
| 32501 | 6-12 Yrs | 6/18-7/11 | 5-5:25 p.m. | T Th | \$38.50 |
| 32502 | 6-12 Yrs | 7/16-8/8 | 5-5:25 p.m. | T Th | \$44 |
| 32503 | 6-12 Yrs | 6/22-8/10 | 8-8:25 a.m. | Sa | \$44 |

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

| | | | | | |
|-------|----------|-----------|-------------|------|---------|
| 32415 | 13 Yrs + | 6/17-7/10 | 6-6:50 p.m. | M W | \$52 |
| 32416 | 13 Yrs + | 7/15-8/7 | 6-6:50 p.m. | M W | \$52 |
| 32417 | 13 Yrs + | 6/18-7/11 | 6-6:50 p.m. | T Th | \$45.50 |
| 32418 | 13 Yrs + | 7/16-8/8 | 6-6:50 p.m. | T Th | \$52 |
| 32419 | 13 Yrs + | 6/22-8/10 | 8-8:50 a.m. | Sa | \$52 |

PRIVATE & SEMI-PRIVATE SWIM LESSONS: Enroll to the waitlist online at no cost. Pool staff will fill all available slots from the waitlist. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight 25-minute lessons. Lessons are offered on Saturday mornings, M/W evenings, Tu/Th evenings and M-Th mornings: June 17-August 10. Session dates run concurrent with group lessons. For information/availability please contact the pool at (562) 570-1807.

BELMONT PRIVATE SWIM LESSONS

| | | | | | |
|-------|------------|-----------|--------------|------|-------|
| 32420 | 9 Mos & Up | 6/17-7/10 | 3-7 p.m. | M W | \$160 |
| 32421 | 9 Mos & Up | 7/15-8/7 | 3-7 p.m. | M W | \$160 |
| 32422 | 9 Mos & Up | 6/18-7/11 | 3-7 p.m. | T Th | \$140 |
| 32423 | 9 Mos & Up | 7/16-8/8 | 3-7 p.m. | T Th | \$160 |
| 32424 | 9 Mos & Up | 6/22-8/10 | 8 a.m. -noon | Sa | \$160 |
| 32425 | 9 Mos & Up | 6/17-6/27 | 10 a.m.-noon | M-Th | \$160 |
| 32426 | 9 Mos & Up | 7/1-7/11 | 10 a.m.-noon | M-Th | \$140 |
| 32427 | 9 Mos & Up | 7/15-7/25 | 10 a.m.-noon | M-Th | \$160 |
| 32428 | 9 Mos & Up | 7/29-8/8 | 10 a.m.-noon | M-Th | \$160 |

BELMONT SEMI PRIVATE SWIM LESSONS

| | | | | | |
|-------|------------|-----------|--------------|------|-------|
| 32429 | 9 Mos & Up | 6/17-7/10 | 3-7 p.m. | M W | \$103 |
| 32430 | 9 Mos & Up | 7/15-8/7 | 3-7 p.m. | M W | \$103 |
| 32431 | 9 Mos & Up | 6/18-7/11 | 3-7 p.m. | T Th | \$90 |
| 32432 | 9 Mos & Up | 7/16-8/8 | 3-7 p.m. | T Th | \$103 |
| 32433 | 9 Mos & Up | 6/22-8/10 | 8 a.m.-noon | Sa | \$103 |
| 32434 | 9 Mos & Up | 6/17-6/27 | 10 a.m.-noon | M-Th | \$103 |
| 32435 | 9 Mos & Up | 7/1-7/11 | 10 a.m.-noon | M-Th | \$90 |
| 32436 | 9 Mos & Up | 7/15-7/25 | 10 a.m.-noon | M-Th | \$103 |
| 32437 | 9 Mos & Up | 7/29-8/8 | 10 a.m.-noon | M-Th | \$103 |

SPECIAL PROGRAMS

LA84 FOUNDATION SUMMER SPORTS PROGRAMS

This sports program is offered at Belmont Plaza Pool for Long Beach youth ages 7-17. Registration will be taken at Belmont Plaza Pool on a first-come, first-served basis beginning Saturday, May 25 at 8 a.m. Registration is limited to Long Beach residents. Proof of age and residency is required at the time of registration. Scholarships are limited and will be granted on a first come, first served basis, early registration is recommended. For information regarding LA84 Foundation programs, call the pool at 570-1806.

Programs begin June 17 and will be conducted for approximately nine weeks.

| | | |
|----------------------------------|------|--------------|
| Swim Team Practice: | M-Th | 10-11 a.m. |
| Water Polo Team Practice: | M-Th | 11 a.m.-noon |
| Synchronized Swim Team Practice: | M-Th | noon-1 p.m. |

SEA FESTIVAL NOVICE SWIM MEET

Free for all novice swimmers, date to be announced, at Belmont Plaza Pool. Entry forms will be available in late June, please call the pool at 570-1806 for more information.

KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED MONDAY, MAY 27 (MEMORIAL DAY); THURSDAY, JULY 4 (INDEPENDENCE DAY); MONDAY, SEPTEMBER 2 (LABOR DAY).**

OPEN SWIM FEES

Youth (ages 17yrs & under) \$1, FREE JUNE 17-AUGUST 25 compliments of LBUSD.

Seniors (ages 50 yrs&up) \$2

Adults (ages 18-49 yrs) \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pas purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu Th F 6-8 a.m.

M-Su noon-1p.m.

ALL AGES RECREATION SWIM

M-Su 1-3:30 p.m.

T Th 6:30-8 p.m.

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water Exercise: Tu Th F 6:30-7:20 a.m.

Shallow Water Exercise: Tu Th F 8-8:50 a.m.
M W 6-6:50 p.m.

SWIMMING LESSONS

Class options: Monday/Wednesday, Tuesday/Thursday, Monday-Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. **SCHOLARSHIPS AVAILABLE, AGES 7-17.** Proof of residency and birth certificate required.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

Registration Dates

| Lessons Start Date | Registration begins: |
|--------------------|----------------------|
| 6/17-6/27 M-Th | 5/6/19 at 8 a.m |
| 6/17-7/10 M W | 5/6/19 at 8 a.m |
| 6/18-7/11 Tu Th | 5/6/19 at 8 a.m |
| 6/22-8/10 Sa | 5/6/19 at 8 a.m |
| 7/1-7/11 M-Th | 6/24/19 at 8 a.m |
| 7/15-7/25 M-Th | 7/8/19 at 8 a.m |
| 7/15-8/7 M W | 7/1/19 at 8 a.m |
| 7/16-8/8 T Th | 7/2/19 at 8 a.m |
| 7/29-8/8 M-Th | 7/22/19 at 8 a.m |



AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

| | | | | | |
|-------|-------------|-----------|---------------|-----|------|
| 32690 | 9 Mos-3 Yrs | 6/17-7/10 | 6-6:25 p.m. | M W | \$28 |
| 32692 | 9 Mos-3 Yrs | 7/15-8/7 | 6-6:25 p.m. | M W | \$32 |
| 32691 | 9 Mos-3 Yrs | 6/22-8/10 | 11-11:25 a.m. | Sa | \$32 |

AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 32694 | 3-5 Yrs | 6/17-7/10 | 3:30-3:55 p.m. | M W | \$28 |
| 32701 | 3-5 Yrs | 7/15-8/7 | 3:30-3:55 p.m. | M W | \$32 |
| 32695 | 3-5 Yrs | 6/17-7/10 | 6:30-6:55 p.m. | M W | \$28 |
| 32702 | 3-5 Yrs | 7/15-8/7 | 6:30-6:55 p.m. | M W | \$32 |
| 32696 | 3-5 Yrs | 6/18-7/11 | 4-4:25 p.m. | T Th | \$32 |
| 32703 | 3-5 Yrs | 7/16-8/8 | 4-4:25 p.m. | T Th | \$32 |
| 32697 | 3-5 Yrs | 6/18-7/11 | 5-5:25 p.m. | T Th | \$32 |
| 32704 | 3-5 Yrs | 7/16-8/8 | 5-5:25 p.m. | T Th | \$32 |
| 32698 | 3-5 Yrs | 6/22-8/10 | 9-9:25 a.m. | Sa | \$32 |
| 32722 | 3-5 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$32 |
| 32963 | 3-5 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$32 |
| 32699 | 3-5 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$28 |
| 32700 | 3-5 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$32 |
| 32705 | 3-5 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$32 |

AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water. Saturday & Monday-Thursday classes are combined with Pre-School Aquatics 3.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 32707 | 3-5 Yrs | 6/17-7/10 | 4:30-4:55 p.m. | M W | \$28 |
| 32712 | 3-5 Yrs | 7/15-8/7 | 4:30-4:55 p.m. | M W | \$32 |
| 32708 | 3-5 Yrs | 6/18-7/11 | 3:30-3:55 p.m. | T Th | \$32 |
| 32713 | 3-5 Yrs | 7/16-8/8 | 3:30-3:55 p.m. | T Th | \$32 |
| 32709 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$32 |
| 32706 | 3-5 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32710 | 3-5 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$28 |
| 32711 | 3-5 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32714 | 3-5 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$32 |

AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills. Saturday & Monday-Thursday classes are combined with Pre-School Aquatics 2.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 32715 | 3-5 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$28 |
| 32719 | 3-5 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$32 |
| 32716 | 3-5 Yrs | 6/18-7/11 | 6-6:25 p.m. | T Th | \$32 |
| 32720 | 3-5 Yrs | 7/16-8/8 | 6-6:25 p.m. | T Th | \$32 |
| 32709 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$32 |
| 32706 | 3-5 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32710 | 3-5 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$28 |
| 32711 | 3-5 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32714 | 3-5 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$32 |

40 REGISTER ONLINE AT WWW.LBPARKS.ORG

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32630 | 6-12 Yrs | 6/17-7/10 | 3:30-3:55 p.m. | M W | \$28 |
| 32642 | 6-12 Yrs | 7/15-8/7 | 3:30-3:55 p.m. | M W | \$32 |
| 32631 | 6-12 Yrs | 6/17-7/10 | 4-4:25 p.m. | M W | \$28 |
| 32643 | 6-12 Yrs | 7/15-8/7 | 4-4:25 p.m. | M W | \$32 |
| 32632 | 6-12 Yrs | 6/17-7/10 | 5-5:25 p.m. | M W | \$28 |
| 32644 | 6-12 Yrs | 7/15-8/7 | 5-5:25 p.m. | M W | \$32 |
| 32633 | 6-12 Yrs | 6/18-7/11 | 4-4:25 p.m. | T Th | \$32 |
| 32645 | 6-12 Yrs | 7/16-8/8 | 4-4:25 p.m. | T Th | \$32 |
| 32634 | 6-12 Yrs | 6/18-7/11 | 4:30-4:55 p.m. | T Th | \$32 |
| 32646 | 6-12 Yrs | 7/16-8/8 | 4:30-4:55 p.m. | T Th | \$32 |
| 32635 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$32 |
| 32647 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$32 |
| 32636 | 6-12 Yrs | 6/22-8/10 | 11-11:25 a.m. | Sa | \$32 |
| 32637 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 p.m. | Sa | \$32 |
| 32628 | 6-12 Yrs | 6/17-6/27 | 9-9:25 a.m. | M-Th | \$32 |
| 32638 | 6-12 Yrs | 7/1-7/11 | 9-9:25 a.m. | M-Th | \$28 |
| 32640 | 6-12 Yrs | 7/15-7/25 | 9-9:25 a.m. | M-Th | \$32 |
| 32648 | 6-12 Yrs | 7/29-8/8 | 9-9:25 a.m. | M-Th | \$32 |
| 32629 | 6-12 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32639 | 6-12 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$28 |
| 32641 | 6-12 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32649 | 6-12 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32651 | 6-12 Yrs | 6/17-7/10 | 4-4:25 p.m. | M W | \$28 |
| 32657 | 6-12 Yrs | 7/15-8/7 | 4-4:25 p.m. | M W | \$32 |
| 32652 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$28 |
| 32658 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$32 |
| 32653 | 6-12 Yrs | 6/18-7/11 | 3:30-3:55 p.m. | T Th | \$32 |
| 32659 | 6-12 Yrs | 7/16-8/8 | 3:30-3:55 p.m. | T Th | \$32 |
| 32654 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$32 |
| 32650 | 6-12 Yrs | 6/17-6/27 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32655 | 6-12 Yrs | 7/1-7/11 | 9:30-9:55 a.m. | M-Th | \$28 |
| 32656 | 6-12 Yrs | 7/15-7/25 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32660 | 6-12 Yrs | 7/29-8/8 | 9:30-9:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32662 | 6-12 Yrs | 6/17-7/10 | 6-6:25 p.m. | M W | \$28 |
| 32667 | 6-12 Yrs | 7/15-8/7 | 6-6:25 p.m. | M W | \$32 |
| 32663 | 6-12 Yrs | 6/18-7/11 | 6-6:25 p.m. | T Th | \$32 |
| 32668 | 6-12 Yrs | 7/16-8/8 | 6-6:25 p.m. | T Th | \$32 |
| 32664 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$32 |
| 32661 | 6-12 Yrs | 6/17-6/27 | 9-9:25 a.m. | M-Th | \$32 |
| 32665 | 6-12 Yrs | 7/1-7/11 | 9-9:25 a.m. | M-Th | \$28 |
| 32666 | 6-12 Yrs | 7/15-7/25 | 9-9:25 a.m. | M-Th | \$32 |
| 32669 | 6-12 Yrs | 7/29-8/8 | 9-9:25 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

| | | | | | |
|-------|----------|-----------|----------------|------|------|
| 32671 | 6-12 Yrs | 6/17-7/10 | 6:30-6:55 p.m. | M W | \$28 |
| 32676 | 6-12 Yrs | 7/15-8/7 | 6:30-6:55 p.m. | M W | \$32 |
| 32672 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$32 |
| 32677 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$32 |
| 32673 | 6-12 Yrs | 6/22-8/10 | 11-11:25 a.m. | Sa | \$32 |
| 32670 | 6-12 Yrs | 6/17-6/27 | 9:30-9:55 a.m. | M-Th | \$32 |

| | | | | | |
|-------|----------|-----------|----------------|------|------|
| 32674 | 6-12 Yrs | 7/1-7/11 | 9:30-9:55 a.m. | M-Th | \$28 |
| 32675 | 6-12 Yrs | 7/15-7/25 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32678 | 6-12 Yrs | 7/29-8/8 | 9:30-9:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Saturday & Monday-Thursdays classes are combined with Level 6.

| | | | | | |
|-------|----------|-----------|----------------|------|------|
| 32680 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$28 |
| 32685 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$32 |
| 32681 | 6-12 Yrs | 6/18-7/11 | 6-6:25 p.m. | T Th | \$32 |
| 32686 | 6-12 Yrs | 7/16-8/8 | 6-6:25 p.m. | T Th | \$32 |
| 32682 | 6-12 Yrs | 6/22-8/10 | 10-10:25 a.m. | Sa | \$32 |
| 32679 | 6-12 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$32 |
| 32683 | 6-12 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$28 |
| 32684 | 6-12 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$32 |
| 32687 | 6-12 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly. Saturday & Monday-Thursdays classes are combined with Level 5.

| | | | | | |
|-------|----------|-----------|----------------|------|------|
| 32688 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$32 |
| 32689 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$32 |
| 32682 | 6-12 Yrs | 6/22-8/10 | 10-10:25 a.m. | Sa | \$32 |
| 32679 | 6-12 Yrs | 6/17-6/27 | 10-10:25 a.m. | M-Th | \$32 |
| 32683 | 6-12 Yrs | 7/1-7/11 | 10-10:25 a.m. | M-Th | \$28 |
| 32684 | 6-12 Yrs | 7/15-7/25 | 10-10:25 a.m. | M-Th | \$32 |
| 32687 | 6-12 Yrs | 7/29-8/8 | 10-10:25 a.m. | M-Th | \$32 |

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

| | | | | | |
|-------|---------|-----------|----------------|------|------|
| 32622 | 13 Yrs+ | 6/18-7/11 | 5:30-6:20 p.m. | T Th | \$40 |
| 32624 | 13 Yrs+ | 7/16-8/8 | 5:30-6:20 p.m. | T Th | \$40 |
| 32623 | 13 Yrs+ | 6/22-8/10 | 9-9:50 a.m. | Sa | \$40 |

JUNIOR LIFEGUARD PROGRAM 32625

Get started for a future job as a lifeguard. Learn swimming and lifeguarding skills. Must have Level 5 swim skills and be between the ages of 11-16. Please call the pool for more information.

Saturdays, June 22-August 10, 10-11 a.m.

LA84 FOUNDATION SUMMER AQUATICS PROGRAMS



Novice competitive swim and dive team training opportunity for ages 7-17 years old. Registration begins Monday, June 3rd at 3 p.m. for Dive and Swim teams.

DIVE TEAM M-Th 3:15-4:15 p.m. June 17-August 15. Scholarships available with Date of Birth verification document.

SWIM TEAM M-Th 4:30-5:30 p.m. June 17-August 15. Scholarships available with Date of Birth verification document.

POOL RENTALS

Please call the pool supervisor at 570-1718 for information, fees and scheduling availability.

SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION

Silverado Park Pool is a year-round, indoor facility. Water temperature is maintained between 82 - 84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED MONDAY, MAY 27 (MEMORIAL DAY); THURSDAY, JULY 4 (INDEPENDENCE DAY); MONDAY SEPTEMBER 2 (LABOR DAY).**

OPEN SWIM FEES

Youth (ages 17 Yrs & Under) \$1
Seniors (ages 50 Yrs & Over), \$2
Adults (ages 18-49 Yrs), \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-**\$25**, Seniors-**\$40**, Adults-**\$65**. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M W F 6:30-9:00 a.m.
M-F noon-1:00 p.m.
M T Th 6:00-7:00 p.m., 2 LANES ONLY
Sa Su noon-1:00 p.m.

ALL AGES RECREATION SWIM

M-Sa 1:00-3:30 p.m.
F 7:00-8:30 p.m.

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Deep Water Exercise: M W F Su 10-10:50 a.m.

Shallow Water Exercise: M W F Su 11-11:50 a.m.

WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS-PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

| | | | | | |
|-------|-------------|-----------|----------------|------|------|
| 32982 | 9 Mos-3 Yrs | 6/17-7/10 | 6:00-6:25 p.m. | M W | \$32 |
| 32983 | 9 Mos-3 Yrs | 6/18-7/11 | 6:00-6:25 p.m. | T Th | \$28 |
| 32984 | 9 Mos-3 Yrs | 6/22-8/10 | 9:00-9:25 a.m. | Sa | \$32 |
| 32985 | 9 Mos-3 Yrs | 7/15-8/7 | 6:00-6:25 p.m. | M W | \$32 |
| 32986 | 9 Mos-3 Yrs | 7/16-8/8 | 6:00-6:25 p.m. | T Th | \$32 |

AQUATICS-PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 32987 | 3-5 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32988 | 3-5 Yrs | 6/17-7/10 | 4:00-4:25 p.m. | M W | \$32 |
| 32989 | 3-5 Yrs | 6/18-7/11 | 4:00-4:25 p.m. | T Th | \$28 |
| 32990 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$32 |
| 32991 | 3-5 Yrs | 6/22-8/10 | 11:00-11:25 a.m. | Sa | \$32 |
| 32992 | 3-5 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$28 |
| 32993 | 3-5 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32994 | 3-5 Yrs | 7/15-8/7 | 4:00-4:25 p.m. | M W | \$32 |
| 32995 | 3-5 Yrs | 7/16-8/8 | 4:00-4:25 p.m. | T Th | \$32 |
| 32996 | 3-5 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$32 |

AQUATICS-PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 32997 | 3-5 Yrs | 6/17-6/27 | 10:30-10:55 a.m. | M-Th | \$32 |
| 32998 | 3-5 Yrs | 6/17-7/10 | 4:00-4:25 p.m. | M W | \$32 |
| 32999 | 3-5 Yrs | 6/18-7/11 | 4:00-4:25 p.m. | T Th | \$28 |
| 33000 | 3-5 Yrs | 6/22-8/10 | 9:30-9:55 a.m. | Sa | \$32 |
| 33001 | 3-5 Yrs | 7/1-7/11 | 10:30-10:55 a.m. | M-Th | \$28 |
| 33002 | 3-5 Yrs | 7/15-7/25 | 10:30-10:55 a.m. | M-Th | \$32 |
| 33003 | 3-5 Yrs | 7/15-8/7 | 4:00-4:25 p.m. | M W | \$32 |
| 33004 | 3-5 Yrs | 7/16-8/8 | 4:00-4:25 p.m. | T Th | \$32 |
| 33005 | 3-5 Yrs | 7/29-8/8 | 10:30-10:55 a.m. | M-Th | \$32 |

AQUATICS-PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breast-stroke and water safety skills.

| | | | | | |
|-------|---------|-----------|------------------|------|------|
| 33006 | 3-5 Yrs | 6/17-6/27 | 9:30-9:55 a.m. | M-Th | \$32 |
| 33007 | 3-5 Yrs | 6/17-7/10 | 5:00-5:25 p.m. | M W | \$32 |
| 33008 | 3-5 Yrs | 6/18-7/11 | 5:00-5:25 p.m. | T Th | \$28 |
| 33009 | 3-5 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$32 |
| 33010 | 3-5 Yrs | 7/1-7/11 | 9:30-9:55 a.m. | M-Th | \$28 |
| 33011 | 3-5 Yrs | 7/15-7/25 | 9:30-9:55 a.m. | M-Th | \$32 |
| 33012 | 3-5 Yrs | 7/15-8/7 | 5:00-5:25 p.m. | M W | \$32 |
| 33013 | 3-5 Yrs | 7/16-8/8 | 5:00-5:25 p.m. | T Th | \$32 |
| 33014 | 3-5 Yrs | 7/29-8/8 | 9:30-9:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.



| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32926 | 6-12 Yrs | 6/17-6/27 | 10:00-10:25 a.m. | M-Th | \$32 |
| 32927 | 6-12 Yrs | 6/17-7/10 | 4:30-4:55 p.m. | M W | \$32 |
| 32928 | 6-12 Yrs | 6/18-7/11 | 4:30-4:55 p.m. | T Th | \$28 |
| 32929 | 6-12 Yrs | 6/22-8/10 | 10:00-10:25 a.m. | Sa | \$32 |
| 32930 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$32 |
| 32931 | 6-12 Yrs | 7/1-7/11 | 10:00-10:25 a.m. | M-Th | \$28 |
| 32932 | 6-12 Yrs | 7/15-7/25 | 10:00-10:25 a.m. | M-Th | \$32 |
| 32933 | 6-12 Yrs | 7/15-8/7 | 4:30-4:55 p.m. | M W | \$32 |
| 32934 | 6-12 Yrs | 7/16-8/8 | 4:30-4:55 p.m. | T Th | \$32 |
| 32935 | 6-12 Yrs | 7/29-8/8 | 10:00-10:25 a.m. | M-Th | \$32 |

42 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32936 | 6-12 Yrs | 6/17-6/27 | 10:00-10:25 a.m. | M-Th | \$32 |
| 32937 | 6-12 Yrs | 6/17-7/10 | 4:30-4:55 p.m. | M W | \$32 |
| 32938 | 6-12 Yrs | 6/18-7/11 | 4:30-4:55 p.m. | T Th | \$28 |
| 32939 | 6-12 Yrs | 6/22-8/10 | 10:00-10:25 a.m. | Sa | \$32 |
| 32940 | 6-12 Yrs | 6/22-8/10 | 11:30-11:55 a.m. | Sa | \$32 |
| 32941 | 6-12 Yrs | 7/1-7/11 | 10:00-10:25 a.m. | M-Th | \$28 |
| 32942 | 6-12 Yrs | 7/15-7/25 | 10:00-10:25 a.m. | M-Th | \$32 |
| 32943 | 6-12 Yrs | 7/15-8/7 | 4:30-4:55 p.m. | M W | \$32 |
| 32944 | 6-12 Yrs | 7/16-8/8 | 4:30-4:55 p.m. | T Th | \$32 |
| 32945 | 6-12 Yrs | 7/29-8/8 | 10:00-10:25 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32946 | 6-12 Yrs | 6/17-6/27 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32947 | 6-12 Yrs | 6/17-7/10 | 5:00-5:25 p.m. | M W | \$32 |
| 32948 | 6-12 Yrs | 6/18-7/11 | 5:00-5:25 p.m. | T Th | \$28 |
| 32949 | 6-12 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$32 |
| 32950 | 6-12 Yrs | 7/1-7/11 | 9:30-9:55 a.m. | M-Th | \$28 |
| 32951 | 6-12 Yrs | 7/15-7/25 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32952 | 6-12 Yrs | 7/15-8/7 | 5:00-5:25 p.m. | M W | \$32 |
| 32953 | 6-12 Yrs | 7/16-8/8 | 5:00-5:25 p.m. | T Th | \$32 |
| 32954 | 6-12 Yrs | 7/29-8/8 | 9:30-9:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32955 | 6-12 Yrs | 6/17-6/27 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32956 | 6-12 Yrs | 6/17-7/10 | 5:00-5:25 p.m. | M W | \$32 |
| 32957 | 6-12 Yrs | 6/18-7/11 | 5:00-5:25 p.m. | T Th | \$28 |
| 32958 | 6-12 Yrs | 6/22-8/10 | 10:30-10:55 a.m. | Sa | \$32 |
| 32959 | 6-12 Yrs | 7/1-7/11 | 9:30-9:55 a.m. | M-Th | \$28 |
| 32960 | 6-12 Yrs | 7/15-7/25 | 9:30-9:55 a.m. | M-Th | \$32 |
| 32961 | 6-12 Yrs | 7/15-8/7 | 5:00-5:25 p.m. | M W | \$32 |
| 32962 | 6-12 Yrs | 7/16-8/8 | 5:00-5:25 p.m. | T Th | \$32 |
| 32963 | 6-12 Yrs | 7/29-8/8 | 9:30-9:55 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32964 | 6-12 Yrs | 6/17-6/27 | 9:00-9:25 a.m. | M-Th | \$32 |
| 32965 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$32 |
| 32966 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$28 |
| 32967 | 6-12 Yrs | 6/22-8/10 | 11:00-11:25 a.m. | Sa | \$32 |
| 32968 | 6-12 Yrs | 7/1-7/11 | 9:00-9:25 a.m. | M-Th | \$28 |
| 32969 | 6-12 Yrs | 7/15-7/25 | 9:00-9:25 a.m. | M-Th | \$32 |
| 32970 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$32 |
| 32971 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$32 |
| 32972 | 6-12 Yrs | 7/29-8/8 | 9:00-9:25 a.m. | M-Th | \$32 |

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

| | | | | | |
|-------|----------|-----------|------------------|------|------|
| 32973 | 6-12 Yrs | 6/17-6/27 | 9:00-9:25 a.m. | M-Th | \$32 |
| 32974 | 6-12 Yrs | 6/17-7/10 | 5:30-5:55 p.m. | M W | \$32 |
| 32975 | 6-12 Yrs | 6/18-7/11 | 5:30-5:55 p.m. | T Th | \$28 |
| 32976 | 6-12 Yrs | 6/22-8/10 | 11:00-11:25 a.m. | Sa | \$32 |
| 32977 | 6-12 Yrs | 7/1-7/11 | 9:00-9:25 a.m. | M-Th | \$28 |
| 32978 | 6-12 Yrs | 7/15-7/25 | 9:00-9:25 a.m. | M-Th | \$32 |
| 32979 | 6-12 Yrs | 7/15-8/7 | 5:30-5:55 p.m. | M W | \$32 |
| 32980 | 6-12 Yrs | 7/16-8/8 | 5:30-5:55 p.m. | T Th | \$32 |
| 32981 | 6-12 Yrs | 7/29-8/8 | 9:00-9:25 a.m. | M-Th | \$32 |

AQUATICS - ADULTS

Teaches new skills, improves endurance and swimming abilities for adults of all levels.

| | | | | | |
|-------|----------|-----------|----------------|------|------|
| 32918 | 13 Yrs + | 6/17-7/10 | 6:00-6:50 p.m. | M W | \$40 |
| 32919 | 13 Yrs + | 6/18-7/11 | 6:00-6:50 p.m. | T Th | \$35 |
| 32920 | 13 Yrs + | 6/22-8/10 | 8:00-8:50 a.m. | Sa | \$40 |
| 32921 | 13 Yrs + | 7/15-8/7 | 6:00-6:50 p.m. | M W | \$40 |
| 32922 | 13 Yrs + | 7/16-8/8 | 6:00-6:50 p.m. | T Th | \$40 |

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has 38 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for four 20-minute private lessons is \$160. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.

JORDAN HIGH SCHOOL POOL

6500 ATLANTIC AVENUE • (562) 570-1721

GENERAL INFORMATION:

The Jordan High School Swimming Pool is a summer only, indoor pool with water temperature maintained between 83-84 degrees. Children must be at least 42" tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Schedule is effective from June 17 to August 16 and may be subject to change. **POOL CLOSED THURSDAY, JULY 4 (INDEPENDENCE DAY).**

OPEN SWIM FEES:

Youth (17 years and under): Free

Adults (18 years and over): \$3

Seniors (50 years and over): \$2

ADULT LAP SWIM

M-F 1:00-3:00 pm

ALL AGES RECREATION SWIM

M-F 10:00 am-1:00 pm

ADULT WATER EXERCISE CLASS

T TH 11-11:50 AM

SWIMMING CLASSES

The following are conducted during two-week sessions M-Th. **ONLINE REGISTRATION ONLY**-No registration accepted at the facility. Youth fees are \$32. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test prior to classes starting. Note: Schedule and fees may be subject to change.

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

| | | | | | |
|-------|--------|-----------|------------------|------|------|
| 33173 | 3-5Yrs | 6/17-6/27 | 10:00-10:25 a.m. | M-Th | \$28 |
| 33181 | 3-5Yrs | 7/1-7/11 | 10:00-10:25a.m. | M-Th | \$32 |
| 33189 | 3-5Yrs | 7/15-7/25 | 10:00-10:25a.m. | M-Th | \$32 |
| 33197 | 3-5Yrs | 7/29-8/8 | 10:00-10:25a.m. | M-Th | \$32 |

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

| | | | | | |
|-------|--------|-----------|-----------------|------|------|
| 33174 | 3-5Yrs | 6/17-6/27 | 10:00-10:25a.m. | M-Th | \$32 |
| 33182 | 3-5Yrs | 7/1-7/11 | 10:00-10:25a.m. | M-Th | \$28 |
| 33190 | 3-5Yrs | 7/15-7/25 | 10:00-10:25a.m. | M-Th | \$32 |
| 33198 | 3-5Yrs | 7/29-8/8 | 10:00-10:25a.m. | M-Th | \$32 |

JORDAN HIGH SCHOOL POOL

continued

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

| | | | | | |
|-------|---------|-----------|---------------------|------|------|
| 33171 | 6-12Yrs | 6/17-6/27 | 10:30a.m.-10:55a.m. | M-Th | \$32 |
| 33179 | 6-12Yrs | 7/1-7/11 | 10:30-10:55a.m. | M-Th | \$28 |
| 33187 | 6-12Yrs | 7/15-7/25 | 10:30-10:55a.m. | M-Th | \$32 |
| 33195 | 6-12Yrs | 7/29-8/8 | 10:30-10:55a.m. | M-Th | \$32 |

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

| | | | | | |
|-------|---------|-----------|-----------------|------|------|
| 33172 | 6-12Yrs | 6/17-6/27 | 10:30-10:55a.m. | M-Th | \$32 |
| 33180 | 6-12Yrs | 7/1-7/11 | 10:30-10:55a.m. | M-Th | \$28 |
| 33188 | 6-12Yrs | 7/15-7/25 | 10:30-10:55a.m. | M-Th | \$32 |
| 33196 | 6-12Yrs | 7/29-8/8 | 10:30-10:55a.m. | M-Th | \$32 |

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

| | | | | | |
|-------|---------|-----------|-----------------|------|------|
| 33169 | 6-12Yrs | 6/17-6/27 | 11:00-11:25a.m. | M-Th | \$32 |
| 33177 | 6-12Yrs | 7/1-7/11 | 11:00-11:25a.m. | M-Th | \$28 |
| 33185 | 6-12Yrs | 7/15-7/25 | 11:00-11:25a.m. | M-Th | \$32 |
| 33193 | 6-12Yrs | 7/29-8/8 | 11:00-11:25a.m. | M-Th | \$32 |

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

| | | | | | |
|-------|---------|-----------|-----------------|------|------|
| 33170 | 6-12Yrs | 6/17-6/27 | 11:00-11:25a.m. | M-Th | \$32 |
| 33178 | 6-12Yrs | 7/1-7/11 | 11:00-11:25a.m. | M-Th | \$28 |
| 33186 | 6-12Yrs | 7/15-7/25 | 11:00-11:25a.m. | M-Th | \$32 |
| 33194 | 6-12Yrs | 7/29-8/8 | 11:00-11:25a.m. | M-Th | \$32 |

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2

| | | | | | |
|-------|---------|-----------|-----------------|------|------|
| 33167 | 6-12Yrs | 6/17-6/27 | 11:30-11:55a.m. | M-Th | \$32 |
| 33175 | 6-12Yrs | 7/1-7/11 | 11:30-11:55a.m. | M-Th | \$28 |
| 33183 | 6-12Yrs | 7/15-7/25 | 11:30-11:55a.m. | M-Th | \$32 |
| 33191 | 6-12Yrs | 7/29-8/8 | 11:30-11:55a.m. | M-Th | \$32 |

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

| | | | | | |
|-------|---------|-----------|-----------------|------|------|
| 33168 | 6-12Yrs | 6/17-6/27 | 11:30-11:55a.m. | M-Th | \$32 |
| 33176 | 6-12Yrs | 7/1-7/11 | 11:30-11:55a.m. | M-Th | \$28 |
| 33184 | 6-12Yrs | 7/15-7/25 | 11:30-11:55a.m. | M-Th | \$32 |
| 33192 | 6-12Yrs | 7/29-8/8 | 11:30-11:55a.m. | M-Th | \$33 |

LA84 SWIM TEAM

Novice Youth Swim Team. Come participate in a competitive swim training program. Scholarships are available. Training is Monday through Thursday 10:00-11:00 am.

LA84 SWIM LESSON SCHOLARSHIPS

For youth ages 5-17, Swim Lesson Levels 1-6. Save \$20 on each lesson session by using the LA84 Coupon code at registration.

AQUATICS DAY CAMPS

4320 Olympic Plaza • (562) 570-1888

AQUATICS SUMMER DAY CAMPS

SUMMER REGISTRATION BEGINS: APRIL 13, 2019

Online: www.lbparks.org

Aquatics Camps Office: 4320 Olympic Plaza

Parks, Recreation and Marine Administration Office: 2760 N. Studebaker Road

Registration will be accepted ONLINE & IN PERSON on a first come, first served basis beginning April 13, 2019. Program fees are due at the time of registration. Families wishing to register for multiple weeks are required to pay for the first week in full plus a \$30 non-refundable deposit for each additional week reserved.

Online Registration will be accepted 24 hours a day/7 days a week! Walk-in registration will be accepted at the Recreation Administration Office, M-F from 8 a.m.-5 p.m. and the Aquatics Camps Office by appointment only. Beginning June 10, Aquatics Camps Office hours will be 7-11 a.m.

PROGRAM INFORMATION

- All Aquatics Camps staff are trained lifeguards certified in First Aid, CPR and Water Safety instruction by the American Red Cross. Staff to camper ratio at Belmont Junior Beach Camp is 1:8. Staff to camper ratio at Bayshore Beach Camp and Bay Club Teen Camp is 1:10.

- Swim lessons are taught at both Belmont Junior Beach Camp and Bayshore Beach Camp. Swim lessons are not conducted on excursion days. There is no additional charge for swim lessons.

- Excursion fees vary and are not included in the registration fee. Excursion fees are paid online during registration or on a weekly basis at the Aquatics Camps Office.

BELMONT JUNIOR BEACH CAMP

Ages 5-7, must have full day preschool or kindergarten experience. Join us outside the Belmont Outdoor Pool for summer fun. Campers enjoy games, crafts, beach play, songs, American Red Cross swimming lessons and excursions. Canoeing and sailing is conducted once each week at Leeway Sailing Center.

10 one-week sessions, June 17-August 23, \$165 per week, 9 a.m.-4 p.m. Extended day care, 7-9 a.m. and 4-6 p.m. at additional cost of \$26-\$52 per week.

BAYSHORE BEACH CAMP

Ages 8-12. The camp includes sailing, canoeing, kayaking, swimming, crafts, excursions and features environmental activities. A 45-minute Marine Biology lesson is conducted twice each week.

10 one-week sessions, June 17-August 23, \$165 per week, 9 a.m.-4 p.m. Extended day care, 7-9 a.m. and 4-6 p.m. at additional cost of \$26-\$52 per week.

BAY CLUB TEEN CAMP

Ages 13-15, must have completed 7th grade. Participants will learn the basics of sailing, canoeing and kayaking in addition to beach activities and field trips.

Eight one-week sessions, June 17-Aug 9, \$123 per week, noon-5 p.m.

COUNSELOR-IN-TRAINING PROGRAM

Ages 13-17, must have completed 8th grade. Participants learn team building activities, camper supervision and boating skills in addition to obtaining valuable Red Cross CPR certification. Participants must be able to attend the entire four-week program. Excursion fee to Aquarium of the Pacific and Raging Waters or Knott's Soak City included in registration fee.

One four-week session, June 24-July 19, \$320, 10 a.m.-2 p.m.

44 VISIT WWW.100DAYSOFSUMMER.ORG FOR WAYS TO STAY AND PLAY IN LONG BEACH THIS SUMMER

MODEL BOAT SHOP

Recreation Leaders certified in First Aid and CPR will be on site to assist participants with the construction of model sailboats at the Model Boat Shop for seven weeks this summer. Races are held each Friday afternoon at the Colorado Lagoon. This is a drop-in program for children ages 7 years and up. The summer ends with the International Sea Festival Clyde W. Ellerman Memorial Model Boat Regatta on Friday, August 10.

1 seven-week session, June 24-August 9, 10 a.m.-3 p.m. Register online at www.lbparks.org.

2019 Model Boat Shop Registration 10 a.m.-3 p.m. 6/24-8/09 M-F \$63

Additional boat building supply fees:

| | |
|---------------------|---------------------|
| 12" Model Boat \$25 | 30" Model Boat \$40 |
| 18" Model Boat \$30 | 36" Model Boat \$45 |
| 24" Model Boat \$35 | 40" Model Boat \$50 |

LEEWAY SAILING CENTER

5437 East Ocean Boulevard
(562) 570-1719

Leeway Sailing Center offers lessons in kayaking and sailing.

ALL CLASSES REQUIRE REGISTRATION AT LEAST 48 HOURS IN ADVANCE EITHER ONLINE OR AT THE PARKS, RECREATION AND MARINE REGISTRATION OFFICE. REGISTRATION IS NOT ACCEPTED AT THE FACILITY.

LITTLE LEEWHALERS 6-8yrs

For boating beginners! Participants will learn the basics of canoeing, kayaking, sailing and beach safety in a fun, safe environment. Register early, space is limited.

| | | | | |
|-------|-----------|-----------|-----|-------|
| 33127 | 6/17-6/28 | 9-11 a.m. | M-F | \$110 |
| 33128 | 7/1-7/12 | 9-11 a.m. | M-F | \$99 |
| 33129 | 7/15-7/26 | 9-11 a.m. | M-F | \$110 |
| 33130 | 7/29-8/09 | 9-11 a.m. | M-F | \$110 |
| 33131 | 8/13-8/24 | 9-11 a.m. | M-F | \$110 |

BEGINNING SABOT SAILING (8' BOATS)

8yrs & up

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

| | | | | |
|-------|-----------|-------------|-----|-------|
| 33090 | 6/1-6/22 | 9 a.m.-noon | Sa | \$120 |
| 33091 | 7/6-7/27 | 9 a.m.-noon | Sa | \$120 |
| 33092 | 8/3-8/24 | 9 a.m.-noon | Sa | \$120 |
| 33093 | 6/17-6/28 | 9-11 a.m. | M-F | \$195 |
| 33094 | 7/1-7/12 | 9-11 a.m. | M-F | \$175 |
| 33095 | 7/15-7/26 | 9-11 a.m. | M-F | \$195 |
| 33096 | 7/29-8/09 | 9-11 a.m. | M-F | \$195 |
| 33097 | 8/12-8/23 | 9-11 a.m. | M-F | \$195 |

INTERMEDIATE SABOT SAILING (8' BOATS)

8yrs & up

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

| | | | | |
|-------|-----------|----------------------|-----|-------|
| 33107 | 6/17-6/28 | 11:30 a.m.-1:30 p.m. | M-F | \$195 |
| 33108 | 7/1-7/12 | 11:30 a.m.-1:30 p.m. | M-F | \$175 |
| 33109 | 7/15-7/26 | 11:30 a.m.-1:30 p.m. | M-F | \$195 |
| 33110 | 7/29-8/09 | 11:30 a.m.-1:30 p.m. | M-F | \$195 |
| 33111 | 8/12-8/23 | 11:30 a.m.-1:30 p.m. | M-F | \$195 |

SABOT RACE TEAM (8' BOATS) 8yrs & up

This four-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. First session Tuesdays, class will start at 4 p.m. due to Twilight Races on the Bay. Participants should bring water and snacks.

| | | | | |
|-------|-------------|-------------|-----|-------|
| 33132 | 6/24 - 7/19 | 1:30-4 p.m. | M-F | \$200 |
| 33133 | 7/22 - 8/18 | 1:30-4 p.m. | M-F | \$210 |

BEGINNING CAPRI SAILING (14' BOATS)

13yrs & up

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

| | | | | |
|-------|----------|-------------|----|-------|
| 33084 | 6/1-6/22 | 9 a.m.-noon | Sa | \$120 |
| 33085 | 7/6-7/27 | 9 a.m.-noon | Sa | \$120 |
| 33086 | 8/3-8/24 | 9 a.m.-noon | Sa | \$120 |
| 33087 | 6/2-6/23 | 9 a.m.-noon | Su | \$120 |
| 33088 | 7/7-7/28 | 9 a.m.-noon | Su | \$120 |
| 33089 | 8/4-8/25 | 9 a.m.-noon | Su | \$120 |

INTERMEDIATE CAPRI SAILING (14' BOATS)

13yrs & up

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

| | | | | |
|-------|----------|-----------------|----|-------|
| 33104 | 6/2-6/23 | 12:30-3:30 p.m. | Su | \$120 |
| 33105 | 7/7-7/28 | 12:30-3:30 p.m. | Su | \$120 |
| 33106 | 8/4-8/25 | 12:30-3:30 p.m. | Su | \$120 |

KEELBOAT CLASS

13yrs & up

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

| | | | | |
|-------|----------|----------------|----|-------|
| 33124 | 6/2-6/23 | 10 a.m.-2 p.m. | Su | \$133 |
| 33125 | 7/7-7/28 | 10 a.m.-2 p.m. | Su | \$133 |
| 33126 | 8/4-8/25 | 10 a.m.-2 p.m. | Su | \$133 |

BEGINNING BAY KAYAKING

10yrs & up

Learn basic kayaking and safety procedures. Bring a bathing suit and towel, as you will get wet! An adult must accompany children under 12 years of age.

| | | | | |
|-------|-----------|-----------|----|------|
| 33112 | 6/1-6/8 | 9-11 a.m. | Sa | \$47 |
| 33113 | 6/15-6/22 | 9-11 a.m. | Sa | \$47 |
| 33114 | 7/6-7/13 | 9-11 a.m. | Sa | \$47 |
| 33115 | 7/20-7/27 | 9-11 a.m. | Sa | \$47 |
| 33116 | 8/3-8/10 | 9-11 a.m. | Sa | \$47 |
| 33117 | 8/17-8/24 | 9-11 a.m. | Sa | \$47 |
| 33118 | 6/6-6/13 | 6-8 p.m. | Th | \$47 |
| 33119 | 6/20-6/27 | 6-8 p.m. | Th | \$47 |
| 33120 | 7/11 | 6-8 p.m. | Th | \$23 |
| 33121 | 7/18-7/25 | 6-8 p.m. | Th | \$47 |
| 33122 | 8/1-8/8 | 6-8 p.m. | Th | \$47 |
| 33123 | 8/15-8/22 | 6-8 p.m. | Th | \$47 |

INTERMEDIATE BAY KAYAKING

10yrs & up

Review and refine skills. Involves lots of on-water time to practice with kayak skirts and introduces ocean kayaking. Bring a bathing suit and towel, as everyone will get wet! An adult must accompany children under 12 years of age.

| | | | | |
|-------|-----------|----------------------|----|------|
| 33098 | 6/1-6/8 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |
| 33099 | 6/15-6/22 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |
| 33100 | 7/6-7/13 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |
| 33101 | 7/20-7/27 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |
| 33102 | 8/3-8/10 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |
| 33103 | 8/17-8/24 | 11:30 a.m.-1:30 p.m. | Sa | \$47 |

PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from noon-5 p.m. year-round and Thursdays 5 p.m.-Dusk, June 6-August 29. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$95 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour

TENNIS

Billie Jean King, El Dorado and Los Cerritos Tennis Centers,
Marina Vista, Naples and Somerset Tennis Courts

Register online at lbarks.org or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear tennis court-appropriate tennis shoes, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or canceled.

Tennis court locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St. Somerset Tennis Courts, 1500 E. Carson St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 10 weeks.

El Dorado West

| | | | | | | | |
|-------|-----|---------|-----------|-------------|----|-------|------|
| 32230 | Beg | 4-5 Yrs | 6/17-8/19 | 3-3:30 p.m. | M | \$100 | Pros |
| 32233 | Beg | 4-5 Yrs | 6/21-8/23 | 3-3:30 p.m. | F | \$100 | |
| 32234 | Beg | 4-5 Yrs | 6/15-8/17 | 8:30-9 a.m. | Sa | \$100 | |

Los Cerritos Park

| | | | | | | | |
|-------|-----|---------|-----------|-------------|---|-------|-----------|
| 32331 | Beg | 4-5 Yrs | 6/17-8/19 | 4:30-5 p.m. | M | \$100 | Pastorini |
|-------|-----|---------|-----------|-------------|---|-------|-----------|

Naples

| | | | | | | | |
|-------|-----|---------|-----------|--------------|----|-------|--------|
| 32232 | Beg | 4-5 Yrs | 6/18-8/20 | 7-7:30 p.m. | Tu | \$100 | Inouye |
| 32235 | Beg | 4-5 Yrs | 6/15-8/17 | 9:30-10 a.m. | Sa | \$100 | |
| 32236 | Beg | 4-5 Yrs | 6/16-8/18 | 9:30-10 a.m. | Su | \$100 | |

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 11, 10 Weeks.

El Dorado West

| | | | | | | | |
|-------|-----|---------|-----------|-------------|---|-------|------|
| 32237 | Beg | 5-6 Yrs | 6/17-8/19 | 3:30-4 p.m. | M | \$100 | Pros |
| 32240 | Beg | 5-6 Yrs | 6/19-8/21 | 3-3:30 p.m. | W | \$100 | |
| 32241 | Beg | 5-6 Yrs | 6/19-8/21 | 3:30-4 p.m. | W | \$100 | |
| 32242 | Beg | 5-6 Yrs | 6/21-8/23 | 3:30-4 p.m. | F | \$100 | |

Los Cerritos Park

| | | | | | | | |
|-------|-----|---------|-----------|-------------|---|-------|-----------|
| 32238 | Beg | 5-6 Yrs | 6/17-8/19 | 4:30-5 p.m. | M | \$100 | Pastorini |
|-------|-----|---------|-----------|-------------|---|-------|-----------|

Naples

| | | | | | | | |
|-------|------------|---------|-----------|-------------|----|-------|--------|
| 32239 | Beg | 5-6 Yrs | 6/18-8/20 | 7:30-8 p.m. | Tu | \$100 | Inouye |
| 32243 | Adv | 5-6 Yrs | 6/15-8/17 | 9-9:30 a.m. | Sa | \$100 | |
| 32244 | Beg/AdvBeg | 5-6 Yrs | 6/16-8/18 | 9-9:30 a.m. | Su | \$100 | |

YOUTH

Students must possess the following skills before registering: Beg-no experience; AdvBeg-knowledge of ground strokes, grips and ready positions; Int-rules of the game, consistent ground strokes and serve. Group Lessons: Min 6/Max 11. 10 Weeks, *No class 7/4.

El Dorado West

| | | | | | | | |
|-------|------------|-----------|------------|----------------|----|-------|------|
| 32245 | Beg | 7-15 Yrs | 6/17-8/19 | 4-5 p.m. | M | \$120 | Pros |
| 32247 | Beg | 7-15 Yrs | 6/18-8/20 | 4:30-5:30 p.m. | Tu | \$120 | |
| 32248 | AdvBeg | 7-15 Yrs | 6/18-8/20 | 5:30-6:30 p.m. | Tu | \$120 | |
| 32249 | Beg | 7-15 Yrs | 6/19-8/21 | 4-5 p.m. | W | \$120 | |
| 32250 | AdvBeg | 7-15 Yrs | 6/19-8/21 | 5-6 p.m. | W | \$120 | |
| 32252 | Beg | 7-15 Yrs | 6/20-8/29* | 4:30-5:30 p.m. | Th | \$120 | |
| 32253 | AdvBeg | 7-15 Yrs | 6/20-8/29* | 5:30-6:30 p.m. | Th | \$120 | |
| 32255 | Beg/AdvBeg | 7-15 Yrs | 6/21-8/23 | 4-5 p.m. | F | \$120 | |
| 32256 | AdvBeg | 7-15 Yrs | 6/21-8/23 | 5-6 p.m. | F | \$120 | |
| 32258 | Beg | 7-10 Yrs | 6/15-8/17 | 9-10 a.m. | Sa | \$120 | |
| 32259 | AdvBeg | 11-15 Yrs | 6/15-8/17 | 10-11 a.m. | Sa | \$120 | |

Los Cerritos Park

| | | | | | | | |
|-------|------------|-----------|-----------|----------|----|-------|-----------|
| 32246 | Beg/AdvBeg | 11-15 Yrs | 6/17-8/19 | 5-6 p.m. | M | \$120 | Pastorini |
| 32260 | Beg | 7-10 Yrs | 6/16-8/18 | 1-2 p.m. | Su | \$120 | |
| 32261 | AdvBeg | 11-15 Yrs | 6/16-8/18 | 2-3 p.m. | Su | \$120 | |

Naples

| | | | | | | | |
|-------|-----|----------|------------|----------|----|-------|--------|
| 32251 | Adv | 7-15 Yrs | 6/19-8/21 | 7-8 p.m. | W | \$120 | Inouye |
| 32254 | Int | 7-15 Yrs | 6/20-8/29* | 7-8 p.m. | Th | \$120 | |
| 32257 | Beg | 7-15 Yrs | 6/21-8/23 | 7-8 p.m. | F | \$120 | |

ADULT GROUP CLASSES

Beginning (Beg) students learn basic strokes and grip. Advanced Beginners (AdvBeg) continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players work on strategy and knowledge of the game. The first class includes a skills test to determine if you are in the correct level. 16yrs & up Min 6/Max 12. 10 weeks, *No Class 7/4. **8 week class.

Billie Jean King

| | | | | | | |
|-------|-----|-----------|-------------|----|-------|-----------|
| 32262 | Int | 6/18-8/20 | 7-8:30 p.m. | Tu | \$155 | Pastorini |
|-------|-----|-----------|-------------|----|-------|-----------|

El Dorado West

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|-------|------------|------------|-------------|---|-------|-------|
| 32263 | LowInt/Int | 7/1-8/19** | 6-7:30 p.m. | M | \$124 | Unger |
|-------|------------|------------|-------------|---|-------|-------|

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|-------|------------|------------|----------|---|------|--|
| 32264 | LowInt/Int | 7/3-8/21** | 6-7 p.m. | W | \$96 | |
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| 32265 | Hilnt | 7/3-8/21** | 7-8:30 p.m. | W | \$124 | Unger |
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|-------|-----------|-------------|---------------|----|-------|------|
| 32266 | Int/Hilnt | 6/29-8/17** | 10-11:30 a.m. | Sa | \$124 | Pros |
|-------|-----------|-------------|---------------|----|-------|------|

El Dorado West

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|-------|-----|-----------|------------|---|-------|--|
| 32267 | Int | 6/17-8/19 | 10-11 a.m. | M | \$120 | |
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|-------|-----|-----------|----------|---|-------|--|
| 32268 | Beg | 6/17-8/19 | 7-8 p.m. | M | \$120 | |
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|-------|--------|-----------|----------|---|-------|--|
| 32269 | AdvBeg | 6/17-8/19 | 8-9 p.m. | M | \$120 | |
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|-------|--------|-----------|-----------|----|-------|--|
| 32270 | AdvBeg | 6/18-8/20 | 9-10 a.m. | Tu | \$120 | |
|-------|--------|-----------|-----------|----|-------|--|

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|-------|-----|-----------|------------|----|-------|--|
| 32271 | Int | 6/18-8/20 | 10-11 a.m. | Tu | \$120 | |
|-------|-----|-----------|------------|----|-------|--|

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|-------|--------|-----------|----------------|----|-------|--|
| 32272 | AdvBeg | 6/18-8/20 | 6:30-7:30 p.m. | Tu | \$120 | |
|-------|--------|-----------|----------------|----|-------|--|

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|-------|-----|-----------|-------------|----|-------|--|
| 32273 | Int | 6/18-8/20 | 7:30-9 p.m. | Tu | \$155 | |
|-------|-----|-----------|-------------|----|-------|--|

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|-------|-----|-----------|-----------|---|-------|--|
| 32274 | Beg | 6/19-8/21 | 9-10 a.m. | W | \$120 | |
|-------|-----|-----------|-----------|---|-------|--|

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|-------|------------|-----------|------------|---|-------|--|
| 32275 | Beg/AdvBeg | 6/19-8/21 | 10-11 a.m. | W | \$120 | |
|-------|------------|-----------|------------|---|-------|--|

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|-------|-----|-----------|---------|---|-------|--|
| 32276 | Int | 6/19-8/21 | 11-noon | W | \$120 | |
|-------|-----|-----------|---------|---|-------|--|

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|-------|--------|-----------|----------|---|-------|--|
| 32277 | AdvBeg | 6/19-8/21 | 7-8 p.m. | W | \$120 | |
|-------|--------|-----------|----------|---|-------|--|

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|-------|-----|------------|--------------|----|-------|--|
| 32278 | Int | 6/20-8/29* | 8:30-10 a.m. | Th | \$155 | |
|-------|-----|------------|--------------|----|-------|--|

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|-------|--------|------------|------------|----|-------|--|
| 32279 | AdvBeg | 6/20-8/29* | 10-11 a.m. | Th | \$120 | |
|-------|--------|------------|------------|----|-------|--|

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|-------|--------|------------|-------------|----|-------|--|
| 32280 | AdvBeg | 6/20-8/29* | 6:30-7:30pm | Th | \$120 | |
|-------|--------|------------|-------------|----|-------|--|

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|-------|-----|------------|-------------|----|-------|--|
| 32281 | Int | 6/20-8/29* | 7:30-9 p.m. | Th | \$155 | |
|-------|-----|------------|-------------|----|-------|--|

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|-------|-----|-----------|-----------|---|-------|--|
| 32282 | Beg | 6/21-8/23 | 9-10 a.m. | F | \$120 | |
|-------|-----|-----------|-----------|---|-------|--|

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|-------|--------|-----------|------------|---|-------|--|
| 32283 | AdvBeg | 6/21-8/23 | 10-11 a.m. | F | \$120 | |
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|-------|-----|-----------|---------|---|-------|--|
| 32284 | Int | 6/21-8/23 | 11-noon | F | \$120 | |
|-------|-----|-----------|---------|---|-------|--|

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|-------|-----|-----------|----------|----|-------|--|
| 32285 | Beg | 6/16-8/18 | 8-9 a.m. | Su | \$120 | |
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| 32286 | AdvBeg | 6/16-8/18 | 9-10 a.m. | Su | \$120 | |
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|-------|-----|-----------|------------|----|-------|--|
| 32287 | Int | 6/16-8/18 | 10-11 a.m. | Su | \$120 | |
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Marina Vista

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|-------|--------|------------|-----------|----|-------|-----------|
| 32288 | AdvBeg | 6/20-8/29* | 9-10 a.m. | Th | \$120 | Pastorini |
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|-------|-----|------------|------------|----|-------|--|
| 32289 | Int | 6/20-8/29* | 10-11 a.m. | Th | \$120 | |
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Los Cerritos

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|-------|--------|-----------|----------|---|-------|-----------|
| 32290 | AdvBeg | 6/17-8/19 | 6-7 p.m. | M | \$120 | Pastorini |
|-------|--------|-----------|----------|---|-------|-----------|

Naples

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|-------|-----|-----------|------------|----|-------|--------|
| 32291 | Int | 6/15-8/17 | 10-11 a.m. | Sa | \$120 | Inouye |
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|-------|-----|-----------|---------|----|-------|--|
| 32292 | Adv | 6/15-8/17 | 11-noon | Sa | \$120 | |
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|-------|-----|-----------|-------------|----|-------|--|
| 32293 | Beg | 6/15-8/17 | noon-1 p.m. | Sa | \$120 | |
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|-------|--------|-----------|----------|----|-------|--|
| 32294 | AdvBeg | 6/15-8/17 | 1-2 p.m. | Sa | \$120 | |
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|-------|-----|-----------|------------|----|-------|--|
| 32295 | Beg | 6/16-8/18 | 10-11 a.m. | Su | \$120 | |
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|-------|--------|-----------|---------|----|-------|--|
| 32296 | AdvBeg | 6/16-8/18 | 11-noon | Su | \$120 | |
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|-------|-----|-----------|-------------|----|-------|--|
| 32297 | Int | 6/16-8/18 | noon-1 p.m. | Su | \$120 | |
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|-------|-----|-----------|----------|----|-------|--|
| 32298 | Adv | 6/16-8/18 | 1-2 p.m. | Su | \$120 | |
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|-------|--------|-----------|----------|----|-------|--|
| 32299 | AdvBeg | 6/18-8/20 | 8-9 p.m. | Tu | \$120 | |
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|-------|-----|-----------|----------|---|-------|--|
| 32300 | Adv | 6/19-8/21 | 8-9 p.m. | W | \$120 | |
|-------|-----|-----------|----------|---|-------|--|

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|-------|-----|------------|----------|----|-------|--|
| 32301 | Int | 6/20-8/29* | 8-9 p.m. | Th | \$120 | |
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|-------|-----|-----------|----------|---|-------|--|
| 32302 | Beg | 6/21-8/23 | 8-9 p.m. | F | \$120 | |
|-------|-----|-----------|----------|---|-------|--|

SENIOR CLASS

Special Rate for Senior Citizens! Players of ANY AGE can take up tennis as part of an overall exercise prescription. This is a sport where you can play at any age or skill level. Tennis is a great way to improve motor skills, balance, coordination, build strength, develop endurance and meet new people. This is a NEW CLASS designed for seniors ages 60+ years. All levels welcome. Min 6/Max 12. 10 Weeks. No Class 7/4.

El Dorado West

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|-------|------------|------------|-------------|-------|-------|
| 32303 | Beg/AdvBeg | 6/18-8/20 | 8-9 a.m. Tu | Stone | \$100 |
| 32304 | Beg/AdvBeg | 6/20-8/29* | 8-9 a.m. Th | Stone | \$100 |

CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 yrs & up Min 6/Max 12. 10 Weeks.

El Dorado West

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|-------|------------|-----------|------------|------|-------|
| 32305 | All Levels | 6/18-8/20 | 11-noon Tu | Pros | \$120 |
| 32306 | All Levels | 6/19-8/21 | 6-7 p.m. W | Pros | \$120 |

TWILIGHT TENNIS

Twilight Tennis is a "FUN" drop-in social tennis class hosted by Terry "ACTION" Jackson at El Dorado Park Tennis Center-Select any weekend night and you can play singles, doubles, mixed doubles or even practice on the ball machine. INVITE ALL YOUR TENNIS FRIENDS. 16 yrs & up Min 6/No Max. 10 Weeks.

El Dorado West

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|-------|------------|-----------|--------------|---------|------|
| 32307 | All Levels | 6/21-8/23 | 5-9 p.m. Fri | Jackson | \$80 |
| 32308 | All Levels | 6/15-8/17 | 4-8 p.m. Sat | Jackson | \$80 |
| 32309 | All Levels | 6/16-8/18 | 4-8 p.m. Su | Jackson | \$80 |



Tennis works the entire body, increasing bone density, strength, flexibility and reaction time.

JUNIOR TENNIS SUMMER CAMPS

JUNE 17 -AUGUST 23

MONDAY-FRIDAY 9AM-NOON • AGES 5-15

BILLIE JEAN KING TENNIS CENTER

1040 Park Ave • 562-438-8509 or
562-266-8882

Ask for the 10% sibling discount

EL DORADO PARK TENNIS CENTER

2800 N. Studebaker Rd • 562-425-0553 or
562-704-2241

For more information and brochure, call either facility

LEARN EXCELLENT FUNDAMENTALS



FUN & COMPETITIVE

FRIDAY "TOURNAMENT DAY" • WIN PRIZES
USPTA CERTIFIED INSTRUCTORS
COMPLIMENTARY CAMP T-SHIRT

SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

Send to: **FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804** or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY _____

ADDRESS _____ CITY/ZIP _____

WORK PHONE _____ HOME PHONE _____

STUDENT NAME _____ BIRTHDATE _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ DATE _____

CLASS# FEE

CLASS NAME

CLASS# FEE

CLASS NAME

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ EXP DATE _____ CCV CODE _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.



WE PROVIDE EDUCATION FOR OUR COMMUNITY

LBCC has a number of **FREE** classes aimed to help with your personal or professional development.

FREE construction, computer technology, and automotive courses coming in Fall 2019!

WANT TO SIGN UP OR LEARN MORE?

www.LBCC.edu/Adult-Education
Call (562) 938-3248 or
email aep@LBCC.edu.

LB LONG BEACH
CITY COLLEGE
www.LBCC.edu

HOME REMODELING COURSES

Learn to tile, paint, and drywall like a professional...all for free! These courses provide instruction in Tiling, Painting and Drywall. In 4 weeks, students will be prepared to tackle projects at home on their own, or take the first step in a home remodeling career.

FORKLIFT DRIVING

One of LBCC's most popular classes! Take just 8 free sessions and be certified to operate a forklift! This course will provide students with the safety and operation of forklift, including basic lifting principles, load rating, stability and operation techniques. Upon completion of the course, students will be certified as an Industrial Truck Operator.

ENGLISH FOR EVERYDAY

This FREE course at LBCC's Pacific Coast Campus is designed to bring students' English speaking skills up to college-level. Emphasis is on the mastery of productive grammatical features, and comprehension of spoken and written standard North American English.

And free English as a Second Language LBCC classes in YOUR community at the Jenny Oropeza Elementary School, Long Beach YMCA, Centro CHA, Bonnie Smith Elementary and Long Beach Salvation Army.

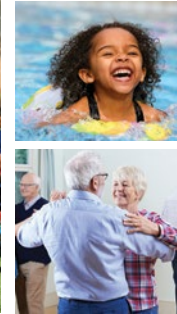
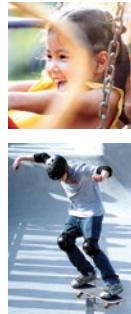
LBCC also has hundreds of **LOW-COST** courses including art, business, dance, exercise, and music!



Free Programming
Futsal Courts
Summer Food Program
Basketball Courts
Senior Programs
Golf Courses
Skate Parks
Community Centers
Playgrounds
Aquatics and Pools
Nature Center
Dog Parks

Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Free Programs at Long Beach Parks



Join Us In Updating Our Strategic Plan

The Long Beach Parks, Recreation, and Marine Department is updating the 2003 Department Strategic Plan. This new Plan will cover a 10-year period to help guide operational, staffing and budget decisions so it's important for you, your family, neighbors, and community to tell us what you need from us, help us understand where we can do better, inform us about what you see in our spaces, and congratulate us on what we're doing well.

Over the coming months, we will ask you to share your vision for the future of the Department through surveys, newsletters, and emails. We will come to you through community workshops, movies and concerts in the park, and at other community events. Visit <https://bit.ly/2TD7WY1> for a list of outreach events and a community survey.

For questions about this project, contact Parks Planning and Partnerships Manager, Meredith Reynolds at (562) 570-3165 or meredith.reynolds@longbeach.gov

For a summary of the 2003 PRM strategic plan, visit http://www.longbeach.gov/globalassets/park/media-library/documents/business-operations/about/strat_plan_exec_summ

**PARKS
MAKE
LONG
BEACH**
PRM STRATEGIC PLAN

Community Park Directory

Hours, recreation amenities and programs for parks throughout the City. Amenities: community centers, skate parks, playgrounds, dog parks, fitness stations and more. Programs: After School program, Youth Sports, Senior Program, Teen Program. For more information, visit www.lbiparks.org.



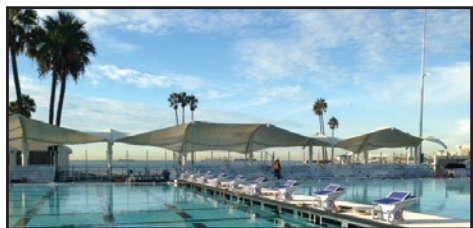
Admiral Kidd Park 2125 Santa Fe Ave.
562.570.1600
Hours: Afterschool Program: M-F 3-6 p.m., Sa & Su, Closed, Winter, Spring & Summer Fun Days
Programs: M-F: 11 a.m. to 5 p.m., Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities: Basketball Court, Community Center, Fitness Stations, Playground, Soccer Fields, Weight/Fitness Room

Programs: After School Program, Free Be SAFE Summer Program, Summer Food Program, Fun days, Teen Programs, Youth Sports



Baker Street Park 625 Baker St.
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground



Belmont Plaza Pool 4320 E. Olympic Plaza
562.570.1806
See page 46



Birdcage Park 6501 Parkcrest St.
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground



Bixby Park 130 Cherry Ave. • 562.570.1601
Hours: Afterschool Program : M-F, 3-6 p.m., Sa & Su, Closed, Winter, Spring & Summer Fun Days
Programs: M-F, 11 a.m.-5 p.m., Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities: Band Shell, Basketball Court, Community Center, Fitness Stations, Playground, Soccer Fields, Weight/Fitness Room

Programs: After School Program, Free Be SAFE Summer Program, Fun Days, Senior Fitness Classes, Summer Food Program, Youth Sports



Bixby Knolls Park 1101 San Antonio Dr.
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground



Officer Daryle W. Black Memorial Park
2023 Pasadena Ave. • 562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Burton W. Chace Park 65 E. Market St.
562.570.3100
Hours: Dawn to Dusk
Amenities: Playground



Cesar E. Chavez Park 401 Golden Ave.
562.570.8890
Hours: Afterschool Program; M-F, 3-6 p.m., Senior Program: 9 a.m.-2 p.m., Teen Center : M-F 4-7 p.m., Sa & Su: Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.

Amenities: Community Center, Dog Park, Fitness Stations, Playground, Skate Park
Programs: After School Program, Free Be SAFE Summer Program, Summer Food Program, Fun Days, Teen Program, Youth Sports



Cherry Park 1901 E. 45th St. • 562.570.1615
Hours: Dusk to Dawn

Amenities: Baseball Fields, Basketball Court, Community Center, Softball Fields, Tennis Courts, Playground

Programs: Summer Food Program, Youth Sports



College Estates Park 808 Stevely Ave.
562.570.1710
Hours: Dusk to Dawn

Amenities: Basketball Court, Community Center, Playground, Tennis Courts

Programs: Youth Sports



Coolidge Park 352 E. Neece St. • 562.570.1618
Hours: Dusk to Dawn

Amenities: Community Center, Basketball Court, Dog Park, Fitness Stations, Playground

Programs: After School Program, Summer Food Program, Fun Days, Youth Sports

Craftsman Village Park 851 Orange Ave.
562.570.3100
Hours: Dusk to Dawn
Amenities: Playground



Ed "Pops" Davenport Park 2910 East 55th Way
562.570.1665
Hours: Dusk to Dawn

Amenities: Basketball Court, Playground

Programs: Summer Food Program, Youth Sports



DeForest Park 6255 DeForest Ave. • 562.570.1620
Hours: Summer Fun Days, Summer Only: M-F, 11 a.m.-5 p.m.

Amenities: Baseball Field, Basketball Court, Community Center, Futsal Courts, Nature Trail, Playground, Racquetball Court, Soccer Field, Softball Fields

Programs: Camp Fire After School Program, Day Camp, Summer Food Program, Youth Sports



Drake Park 951 Maine Ave. • 562.570.1625
Hours: Afterschool Program M-F, 3-6 p.m., Sa & Su: Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m. Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities: Basketball Court, Community Center, Playground, Racquetball Courts Skate Park, Soccer Field, Softball Field

Programs: After School Program, Free Be SAFE Summer Program, Fun Days, Summer Food Program, Youth Sports

El Dorado Regional Park and Nature Center
 See page 42.



El Dorado Park West 2800 Studebaker Rd.
 562.570.3225
Hours: Senior Programs: M-F, 9 a.m.-5 p.m. Summer Fun Days: M-F, 11 a.m.-5 p.m., Summer Only Sa & Su: Closed

Amenities: Baseball Fields, Basketball Courts, Community Center, Disc Golf Course, Golf Course, Playground, Skate Park Soccer Fields, Softball Fields, Tennis Center

Programs: Senior Program, Summer Day Camp Program, Winter, Spring and Summer Fun Days, Youth Sports

Fellowship Park 434 E. Willow St
 562.570.3100
Hours: Dawn to Dusk

Amenities: Playground

Freeman Center 1205 Freeman Ave.
 562.570.8688
Hours: M-F: 3-7 p.m.

Programs: Teen Programs

Grace Park Elm Ave. & Plymouth St.
 562.570.3150
Hours: Dusk to Dawn
Amenities: Playground, Community Garden



Robert Gumbiner Park 880 E. 7th St.
 562.570.3100
Hours: Dawn to Dusk

Amenities: Performance Area, Picnic Area, Playground, Public Art, Skate Plaza

Programs: Free Outdoor Recreation Classes

Heartwell Park 5801 E. Parkcrest St.
 562.570.1635
Hours: Dusk to Dawn

Amenities: Baseball Fields, Basketball Court, Community Center, Golf Course, Playground, Soccer Fields, Softball Fields



Houghton Park 6301 Myrtle Ave. • 562.570.1640
Hours: Senior Program: 9 a.m.-2 p.m., Afterschool Program: M-F, 3-6 p.m., Sa & Su: Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m., Be SAFE Summer Program: M-F 5-8 p.m.

Amenities: Baseball Fields, Basketball Courts, Community Center, Fitness Stations, Playground, Skate Park, Soccer Fields, Softball Fields, Tennis Courts, Weight Room

Programs: After School Program, Free Be SAFE Summer Program, Senior Program, Summer Day Camp Program, Summer Food Program, Teen Program, Youth Sports



King, Martin Luther Jr. Park 1950 Lemon Ave.
 562.570.4405
Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m., Be SAFE Summer

program: M-F, 5-8 p.m.
Amenities: Baseball Fields, Basketball Court, Community Center, Playground, Soccer Fields, Softball Fields

Programs: After School Program, Free Be SAFE Summer Program, Summer Food Program, Youth Sports



Leeway Sailing Center 5437 E. Ocean Blvd.
 See page 45



Lilly Park 32 Lilly Ave. • 562.570.3100
Hours: Dawn to Dusk

Amenities: Playground



Livingston Drive Playground 4700 Livingston Dr.
 562.570.3100
Hours: Dawn to Dusk

Amenities: Playground



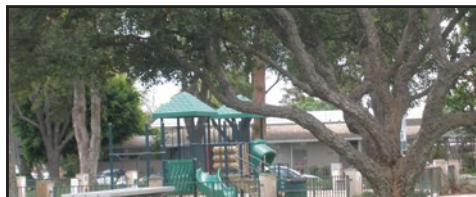
Locust Tot Lot 2331 Locust Ave. • 562.570.3100
Hours: Dawn to Dusk
Amenities: Playground

Loma Vista Park 1173 Loma Vista Dr.
 562.570.3100
Hours: Dusk to Dawn
Amenities: Playground



Los Altos Park 4851 Stearns St. • 562.570.3100
Hours: Dawn to Dusk

Amenities: Playground



Los Altos Plaza Park 5230 Anaheim Rd.
562.570.3100
Hours: Dawn to Dusk

Amenities: Playground



Long Beach Senior Center 1150 E. 4th St.
562.570.3500

Hours: M-F: 8 a.m.-4:30 p.m., Sa: 10 a.m.-4 p.m.

Amenities: Fitness Gym, Friendly Cup Café, Library, Thrift Shop Programs Bingo, Craft Classes, Dance Classes, Fitness Classes, Lapidary, Prime Time Players, Sewing, Sing-Along, Social Dance



Los Cerritos Park 3750 Del Mar Ave.
562.570.3150

Hours: Dusk to Dawn

Amenities: Playground, Tennis Courts



MacArthur Park 1321 Anaheim St. • 562.570.1655
Hours: After School Program: M-F: 3-6 p.m., M-Th: 3-10 p.m. Sa, 10 a.m.-6 p.m., Su, 9 a.m.-6 p.m., Closed Fridays

Amenities: Basketball Court, Community Center, Homeland Cultural Center page 45, Playground

Programs: After School Program, Fun Days, Sum-

mer Food Program, Youth Sports



Marina Vista Park 5355 Eliot St.
562.570.3100

Hours: Dawn to Dusk

Amenities: Basketball Court, Playground, Softball Field, Soccer Field, Tennis Courts



Ernest McBride Park and California Recreation Center 1550 Martin Luther King, Jr. Ave.
562.570.1605

Hours: Senior Program: 9 a.m.-2 p.m., Teen Center: M-F, 4-7 p.m., Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed. Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.

Amenities: Basketball Court, Community Center, Playground, Skate Park, Weight/Fitness Room

Programs: After School Program, Fun Days, Senior Program, Summer Food Program, Teen Program, Youth Sports



Miracle Park 1518 E. 4th St. • 562.570.1787
Hours: Dusk to Dawn

Amenities: Playground

Programs: Youth Sports



C David Molina Park 4951 Oregon Ave.
562.570.3100

Hours: Dawn to Dusk

Amenities: Fitness Stations, Playground, Soccer Field

NAACP Freedom Park 2300 Martin Luther King Jr. Ave. • 562.570.3100
Hours: Dawn to Dusk

Amenities: Bike Path



Orizaba Park 1435 Orizaba Ave. • 562.570.1427
Hours: Afterschool Program, M-F: 3-6 p.m., Sa & Su, Closed Winter, Spring & Summer Fun Days Programs: M-F: 11 a.m.-5 p.m., Be SAFE Summer Program, M-F: 5-8 p.m.

Amenities: Community Center, Playground, Skate Park

Programs: After School Program, Free Be SAFE Summer Program, Fun Days, Summer Food Program, Youth Sports



Pan American Park 5157 Centralia St.
562.570.1660

Hours: Afterschool Program M-F: 3 to 6 p.m., Sa & Su, Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m., Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities: Baseball Fields, Basketball Court, Gym, Playground, Softball Fields

Programs: After School Program, Free Be SAFE Summer Program, Day Camp Program (Summer), Fun Days, Youth Sports



Peace Park 1411 Atlantic Ave. • 562.570.3100
Hours: Dusk to Dawn

Amenities: Playground

Promenade Square 215 E. First St.
562.570.3150

Hours: Dusk to Dawn

Amenities: Playground



Ramona Park 3301 East 65th St. • 562.570.1665
Hours: After School Program: M-F: 3-6 p.m. Sa & Su, Closed, Winter, Spring & Summer Fun

Days Programs:M-F: 11 a.m.- 5 p.m., Be SAFE Summer Program: M-F: 5-8 p.m.

Amenities: Baseball Fields, Basketball Court, Community Center, Playground, Soccer Fields, Softball Fields, Tennis Courts

Programs: After School Program, Free Be SAFE Summer Program, Fun Days, Summer Food Program, Youth Sports



Recreation Park 4900 E. 7th St. • 562.570.1670

Hours: Dawn to dusk

Amenities: Band Shell, Baseball Field, Casting Pond, Community Center, Dog Park, Golf Course, Lawn Bowling Green, Playground, Tennis Center, Softball Stadium, Volleyball Court

Rivera, Jennie Memorial Park

2001 Walnut Ave. • 562.570.3100

Hours: Dawn to Dusk

Amenities: Playground

Rosie the Riveter Park Clark and Conant Ave.

562.570.3100

Hours: Dawn to dusk

Amenities: Benches, Walking path, Memorial Wall



Scherer Park 4600 Long Beach Blvd.

562.570.1674

Hours: Summer Fun Days: M-F, 11 a.m.-5 p.m. Summer Only, Be SAFE Summer program:M-F, 3-6 p.m.

Amenities: Basketball Court, Community Center, Dog Park, Playground, Tennis Courts

Programs: Free Be SAFE Summer Program, Fun Days, Summer Food Program, Youth Sports



Seaside Park 1401 Chestnut Ave. • 562.572.5126

Hours: Afterschool Program: M-F, 3-6 p.m., Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m., Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities: Playground, Soccer Fields

Programs: After School Program, Free Be SAFE Summer Program, Fun Days, Summer Food Program, Youth Sports



Silverado Park 1545 W. 31st St.

562.570.1675

Hours:

Senior Program: 9 a.m.-2 p.m., Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed Winter, Spring & Summer Fun Days Programs; M-F, 11 a.m.-5 p.m., Free Be SAFE Summer Program: M-F, 5-8 p.m.

Amenities:

Baseball Fields, Basketball Court, Community Center, Playground, Pool, Softball Fields, Skate Park, Tennis Courts

Programs:

After School Program, Free Be SAFE Summer Program, Fun Days, Senior Programs, Summer Day Camp Program, Summer Food Program, Teen Programs, Youth Sports



Somerset Park 1500 E. Carson St.

562.570.1690

Hours:

After School Program: M-F, 3-6 p.m., Sa & Su-Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.

Amenities:

Basketball Court, Community Center, Playground, Tennis Courts

Programs:

After School Program, Fun Days, Summer Food Program, Youth Sports



Stearns Champions Park 4520 E. 23rd St.

562.570.1685

Hours: Afterschool Program: M-F, 3-6 p.m., Sa & Su, Closed, Winter, Spring & Summer Fun Days Programs M-F, 11 a.m.-5 p.m.

Amenities:

Baseball Fields, Community Center, Playground, Softball Fields

Programs:

After School Program, Fun Days, Summer Day Camp Program, Summer Food Program, Youth Sports



Veterans Park 101 E. 28th St.

562.570.1695

Hours:

Afterschool Program: M-F, 3-6 p.m., Sa & Su-Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.

Amenities:

Baseball Fields, Basketball Court, Community Center, Playground, Soccer Fields, Softball Fields, Tennis Courts

Programs:

After School Program, Fun Days, Summer Day Camp Program, Summer Food Program, Youth Sports



Wardlow Park 3457 Stanbridge Ave.

562.570.1705

Hours:

Afterschool Program: M-F, 3-6 p.m., Sa & Su-Closed, Winter, Spring & Summer Fun Days Programs, M-F: 11 a.m.-5 p.m.

Amenities:

Baseball Fields, Basketball Court, Community Center, Playground, Soccer Fields Softball Fields

Programs:

After School Program, Summer Day Camp Program, Fun Days, Summer Food Program, Youth Sports



Whaley Park 5620 Atherton St. • 562.570.1710

Hours:

Afterschool Program: M-F, 3-6 p.m., Sa & Su-Closed, Winter, Spring & Summer Fun Days Programs: M-F, 11 a.m.-5 p.m.

Amenities:

Baseball Fields, Basketball Court, Community Center, Playground, Softball Fields,

Programs:

After School Program, Day Camp Program (Summer), Fun Days, Youth Sports



2009-2019 Celebrating 1000 Days of Summer

In 2009 the Department of Parks, Recreation and Marine (PRM) partnered with the Long Beach Convention and Visitor's Bureau (LBCVB) to encourage families to "stay and play in Long Beach" by enjoying free and low cost recreation activities during the approximately 100 days from Memorial Day to Labor Day. The LBCVB helped PRM launch 100daysofsummer.org, a web site loaded with activities organized to help make planning summer fun easy.

With free movies and concerts, programs at City historic sites, aquatics, golf, tennis, and free drop-in youth and teen programs, the fun will not stop this summer. Watch for ten years of the best of "Movies in the Park" this summer and special activities at El Dorado Nature Center to celebrate their 50th Anniversary.

Follow PRM on social media and visit 100daysofsummer.org for the latest updates on recreation activities in your community.



8th Annual Tour & Festival LAWN-TO-GARDEN GROW LOCAL LOVE

FREE

Saturday, June 1, 2019

Tour: 9 a.m. – 1 p.m.

(throughout City)

Festival: 11 a.m. – 2 p.m.

(Long Beach Water, 1800 E Wardlow Road)

GAMES
& ACTIVITIES

FOOD BY
CERTIFIED
BLUE
RESTAURANTS

ENTERTAINMENT

CALIFORNIA-FRIENDLY
PLANT SALE

SUSTAINABILITY
RESOURCE
FAIR

Start your day by touring up to 20 newly transformed gardens throughout the City and speak to the homeowners about their water-wise transformations. After your tour, join the festival at Long Beach Water for more family fun.

The Lawn-to-Garden program is offering an increased incentive and more square footage to help you create a beautiful, California-friendly landscape.

Register for tour map at
lblawntogarden.com



Presented by

Long Beach Water
LAWN-TO-GARDEN PROGRAM

REGISTRATION FORM Please print and fill out completely

It's easy to register:



On Line: Register anytime.
Visit <http://activenet.active.com/lbparks>
or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By FAX to (562) 570-3113
Confirmation will not be sent.
Retain publication for reference



By Mail: Send completed form and
payment (include address, phone number
and class #(s) on the check) to
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



In person: Bring completed form
and payment to office,
Monday-Friday 8 A.M.-5 P.M.
Office closed May 27 and July 4
For more information call
(562) 570- 3111

Main Contact

☐ Check this box if address or phone number has changed.

Print Name: _____ Address: _____

City _____ Zip _____ Main Phone (_____) _____ Work Phone (_____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all **risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

| Last Name | First Name | Birthdate | Male / Female (circle one) |
|-----------|------------|-----------|----------------------------|
| 1 | | | M / F |
| 2 | | | M / F |
| 3 | | | M / F |
| 4 | | | M / F |

| Class # | Student Name | Class Name | Day(s) | Start Date | Time | Fee |
|---------|--------------|------------|--------|------------|------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |

Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.

Total \$

METHOD OF PAYMENT

☐ Cash ☐ Master Card ☐ Visa ☐ AmEx ☐ Discover ☐ Money Order ☐ Check (payable to **City of Long Beach** include class #, complete address & phone #.)

Credit Card #:

Exp. Date _____

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

CCV. Code _____

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8AM-5PM

Long Beach Parks, Recreation and Marine
2760 N. Studebaker Road
Long Beach, CA 90815



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